**PROCEDEURE SPECIFIC**
**HAND CPM THERAPY**

**Flexor Tendon Repair**
1,2,5,6,7,8,9,10,12,16,17,18,21

**Set-Up**
- If possible the patient should be instructed on hand CPM use preoperatively to improve compliance.²,¹⁷,¹⁹
- CPM should be initiated 48-72 hours postoperatively.²,¹⁷,¹⁹
- A Kinex 8091 Hand CPM is used with a Kinex palmless CPM glove. This allows easy application and removal to improve compliance of passive and active ROM programs.²,¹⁹
- The wrist is flexed at 30 degrees and the MP joints are flexed at 45 degrees in a dorsal blocking splint.¹⁷ This setup is achieved with the Kinex CPM splint with the MCP block attached.
- Palmer support straps the forearm, wrist, palmer arch and proximal phalanges.

**Wearing Schedule**
- The CPM is used 8-12 hours per day or as directed for 4 weeks followed by alternating CPM with active exercise weeks 5 and 6.¹⁷
- CPM is typically discontinued at 6 weeks.¹⁷
- The patient will wear the protective extension-blocking splint alone when not using CPM.¹⁷
PROM Goals

- CPM is set to produce a 60 degree arc at the PIP and 30-40 arc at the DIP. ROM settings may be less based on patient tolerance and physician standard of practice.  

- A CPM program may be combined with a controlled active mobilization program.  

- The end goal is 90-100 % of passive and active ROM.  

**References:**


