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Hand, Wrist & Upper Limb Surgeon

Flexor tendon injuries in the hand



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Flexor tendon injuries in the hand

Common

Or

Easily missed



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Flexor tendon injuries in the hand

Chronic injuries

- Tenosynovitis
- Trigger finger

Acute injuries

- Laceration
- Tendon rupture
- Pulley rupture

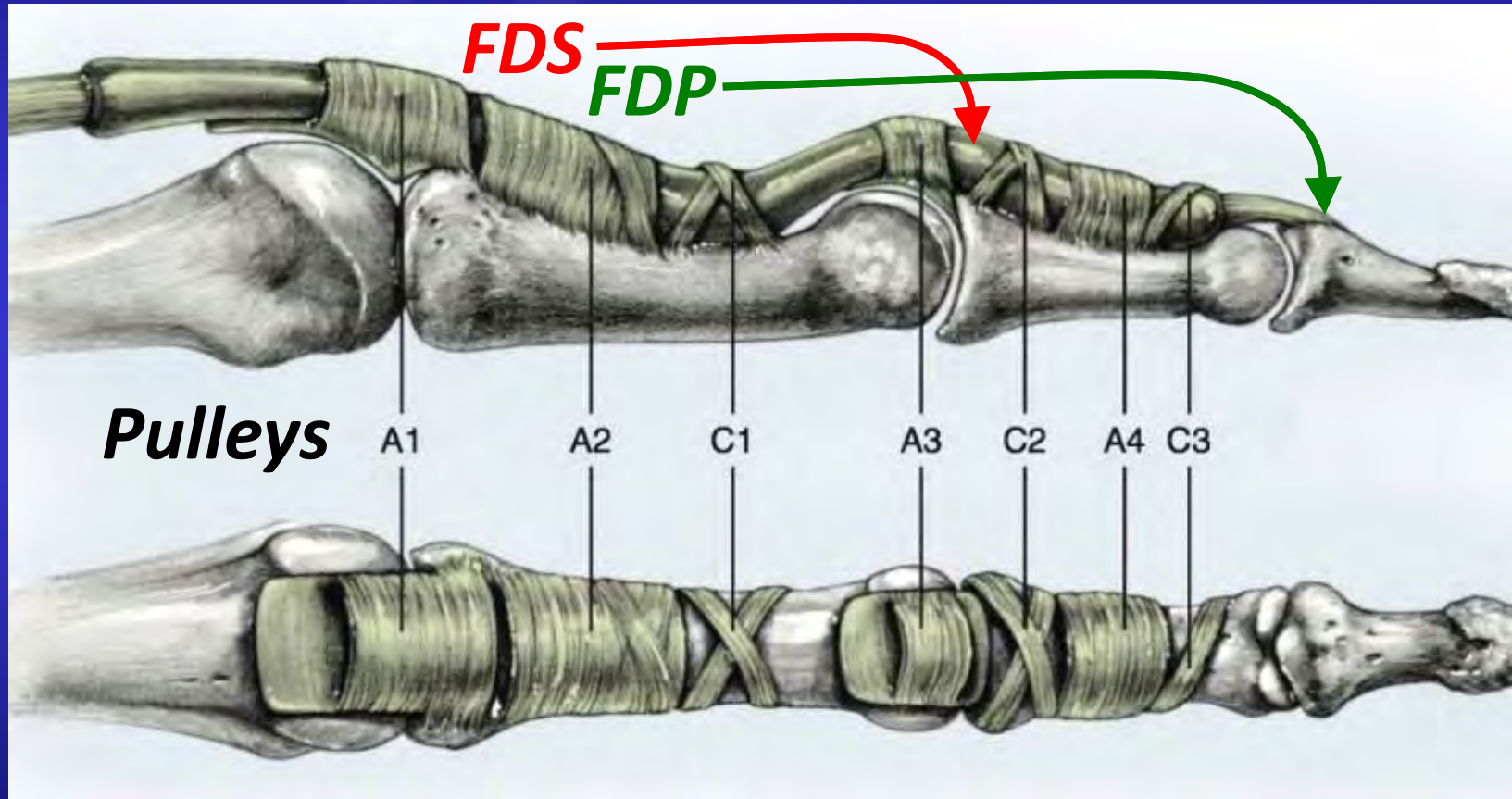


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Flexor tendon anatomy



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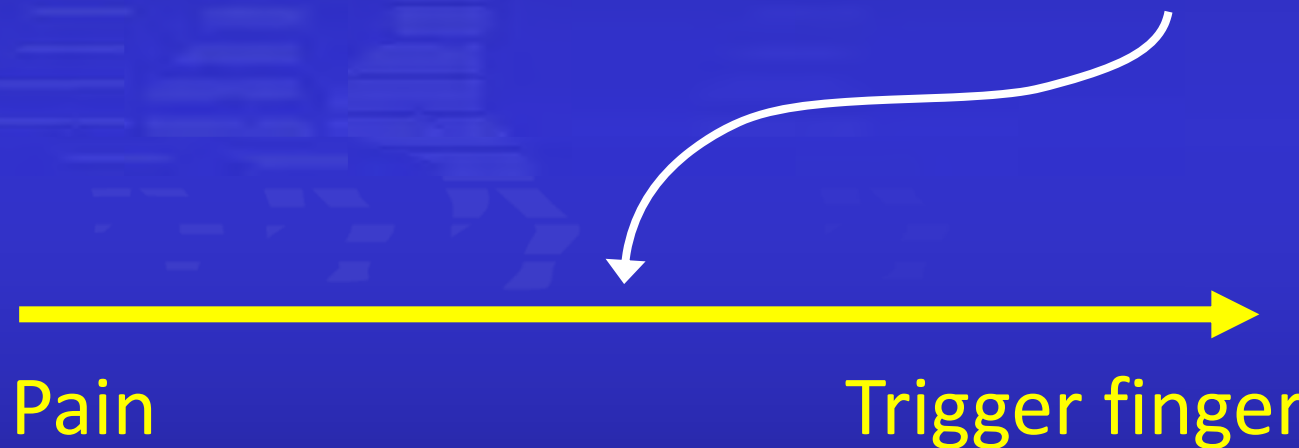
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Image: Wolfe, 2016

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Tenosynovitis and trigger finger

Inflammatory vs Mechanical



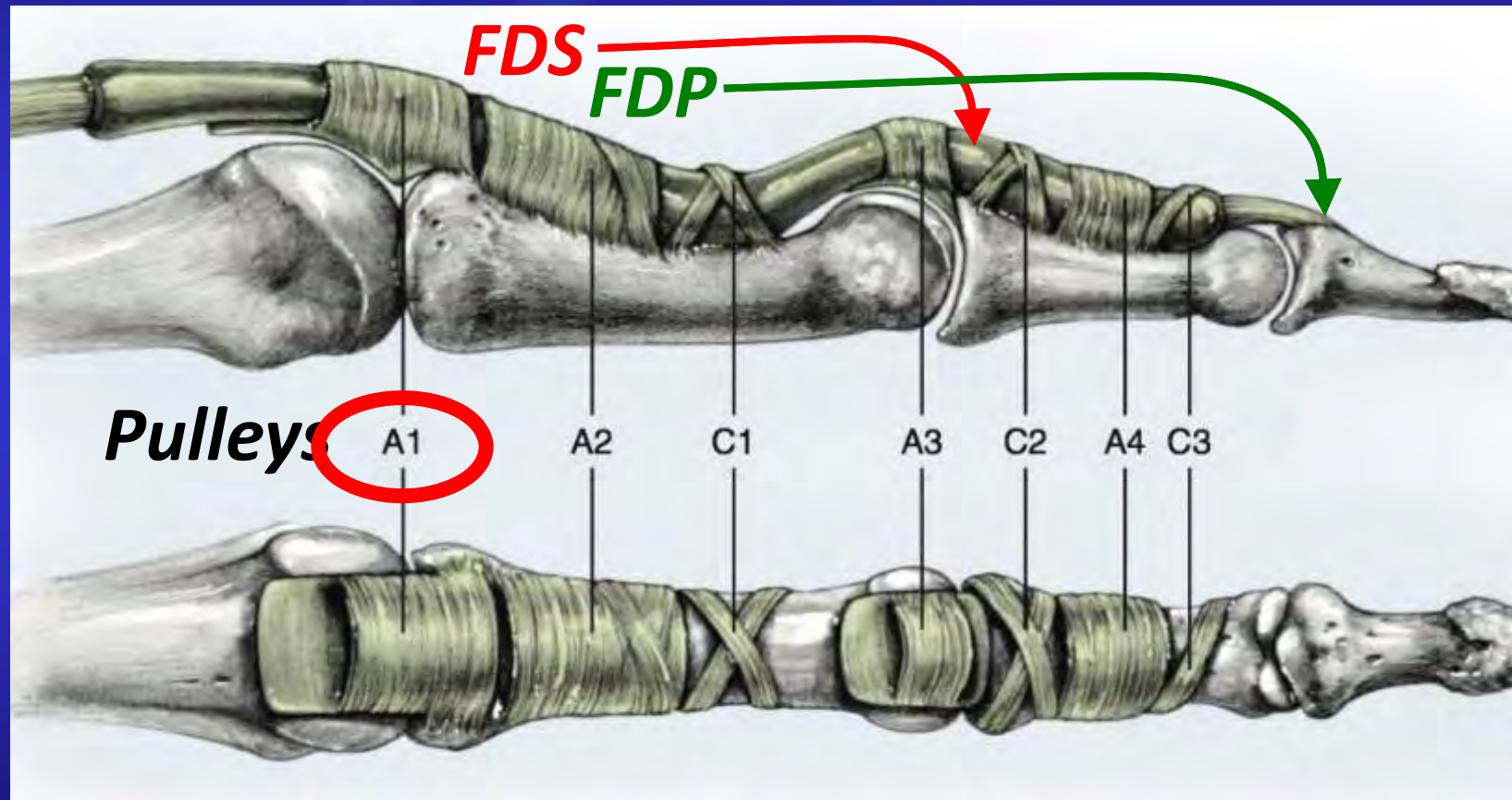
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Tenosynovitis and trigger finger



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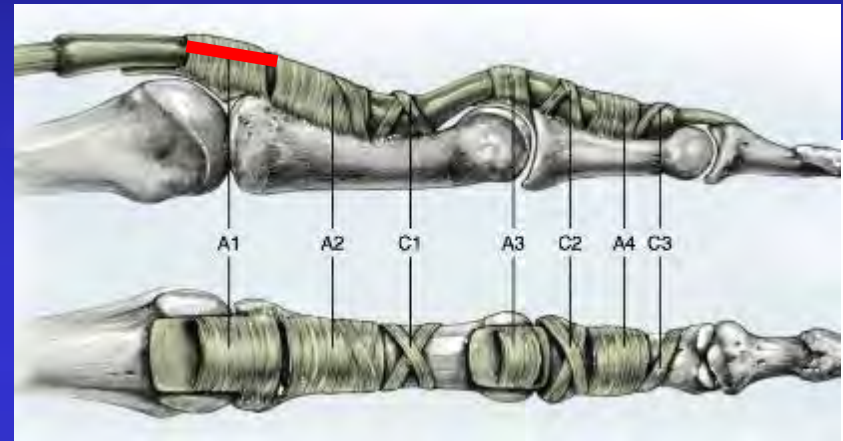
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Image: Wolfe, 2016

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Treatment of trigger finger

- Treat pain
 - Medications
- Reduce irritation
 - Activities
 - Splint
 - Steroid injection
 - Operation



Post-operative treatment

Wound care

Early use as tolerated



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Images: Wolfe, 2016

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Tendon laceration

- Commonly missed
 - Careful examination
 - Surgical exploration of all hand lacerations
- Treatment
 - Always operative repair



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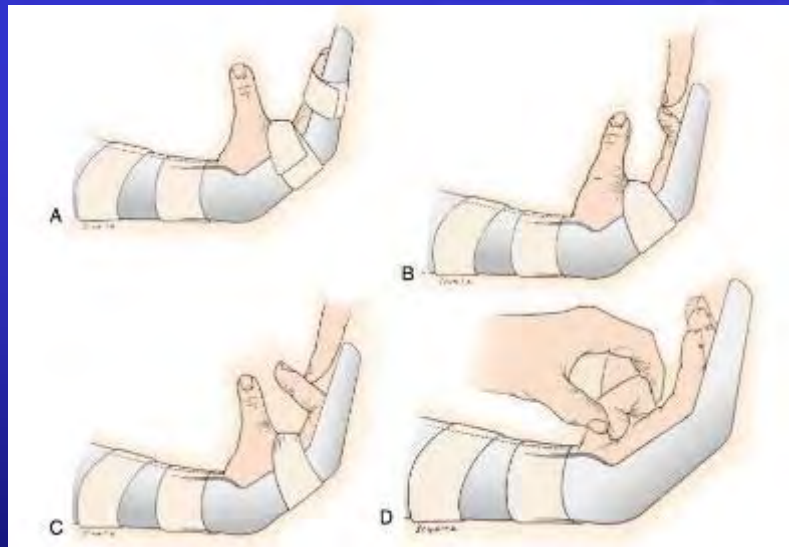
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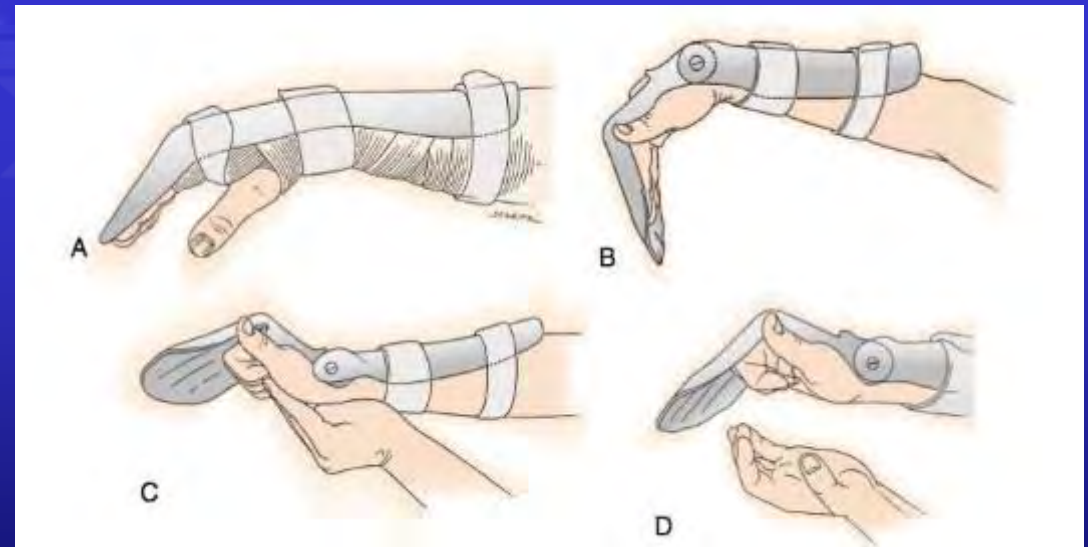
Post-operative treatment

Limit tendon force
Promote tendon excursion

Controlled passive motion



Place and hold



Post-operative treatment

Limit tendon force
Promote tendon excursion

Shorter splints not including wrist

Early out-of-splint active motion



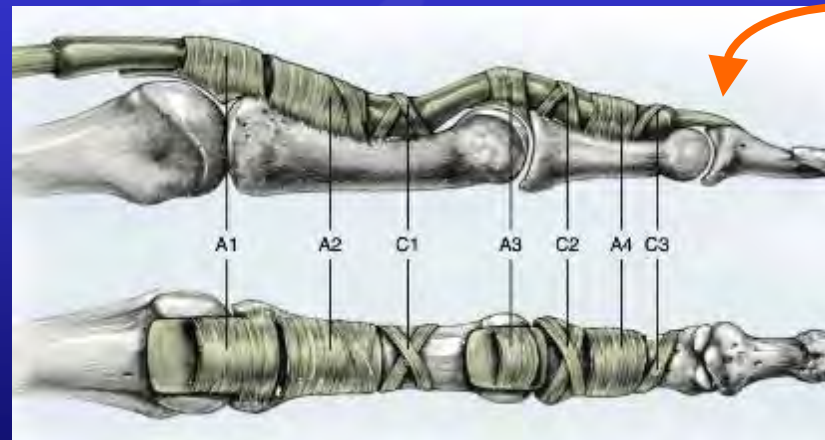
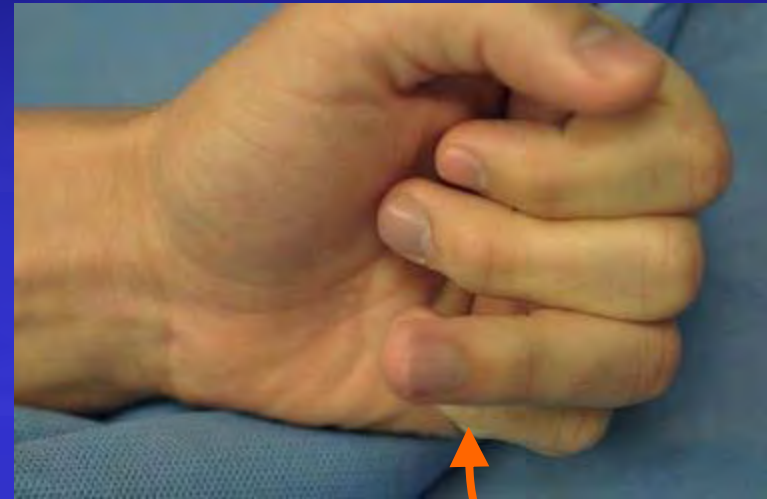
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Tendon rupture

- Commonly missed
- Careful history
 - Rigger jersey finger
- Careful examination



FDP



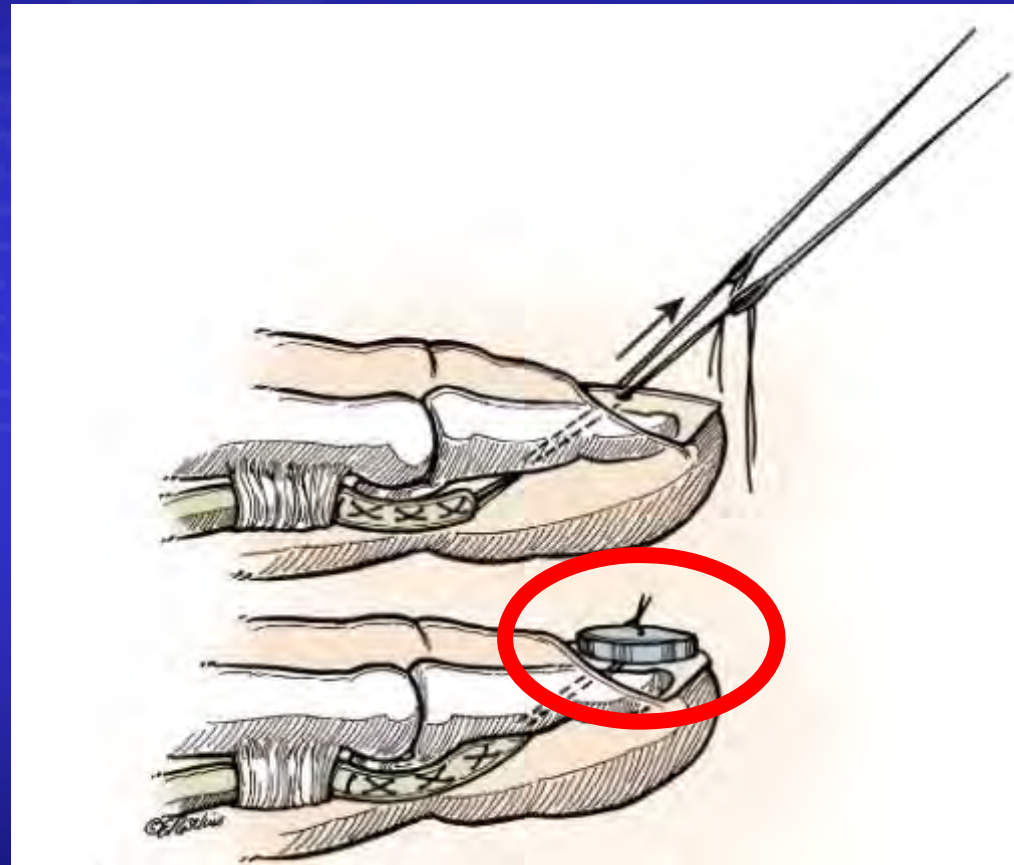
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Images: Wolfe, 2016; Seiler, 2016

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Treatment of tendon rupture



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Images: Seiler, 2016

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Pulley rupture

- Rare, but easily missed
- Careful history
 - Forced finger flexion against resistance
 - Rock climbers



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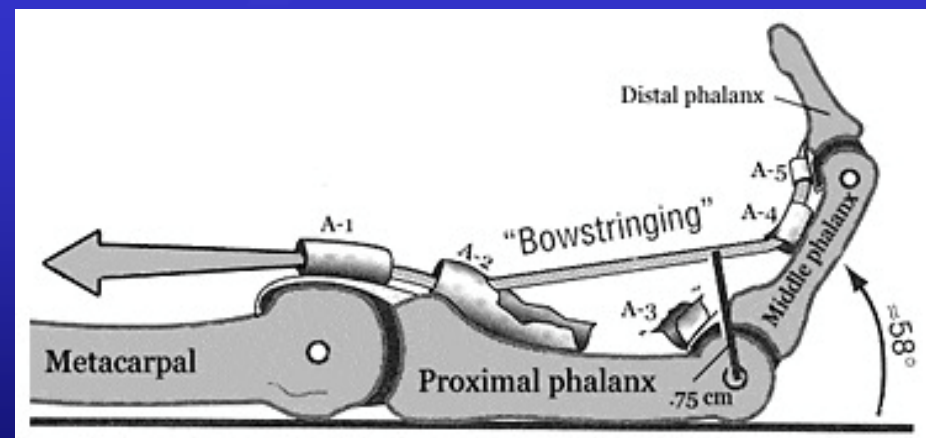
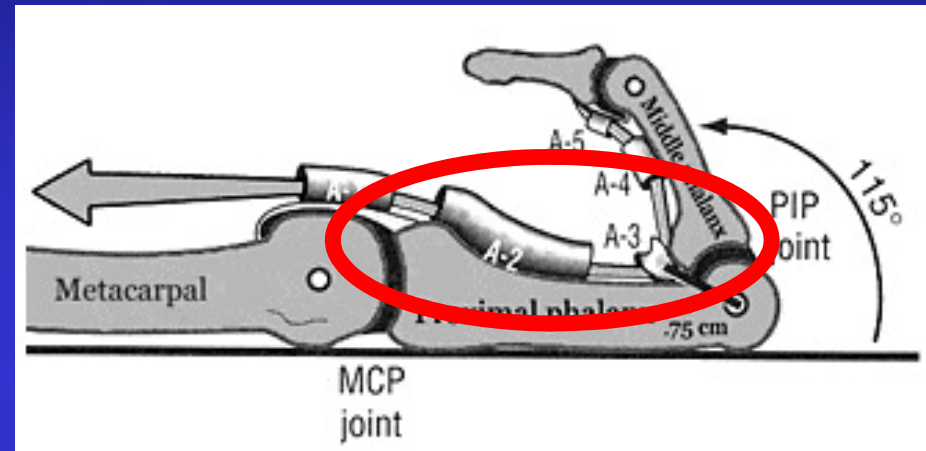
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Image: Algar et al, 2018

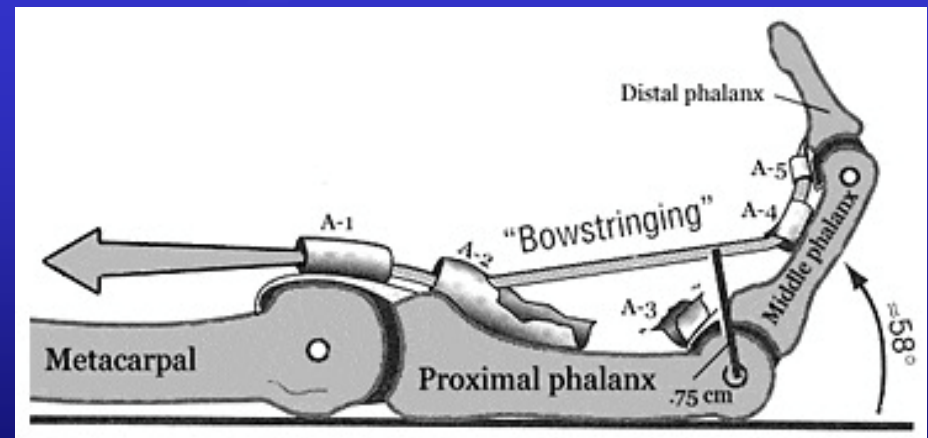
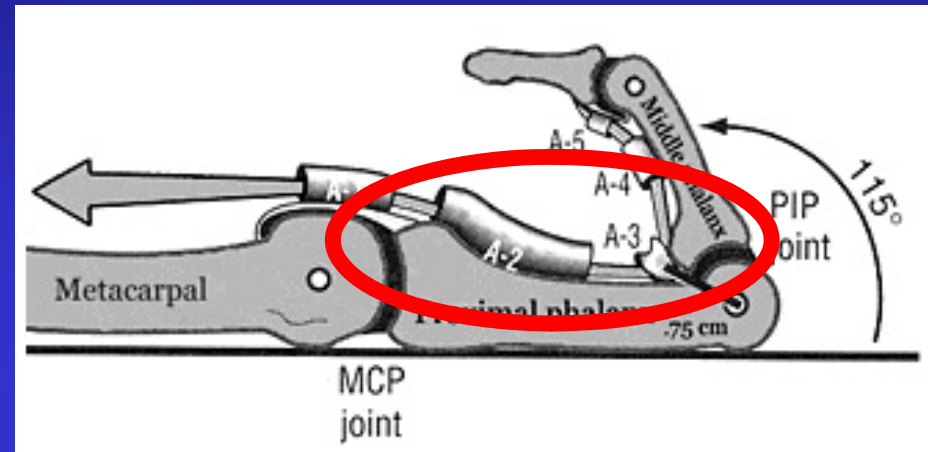
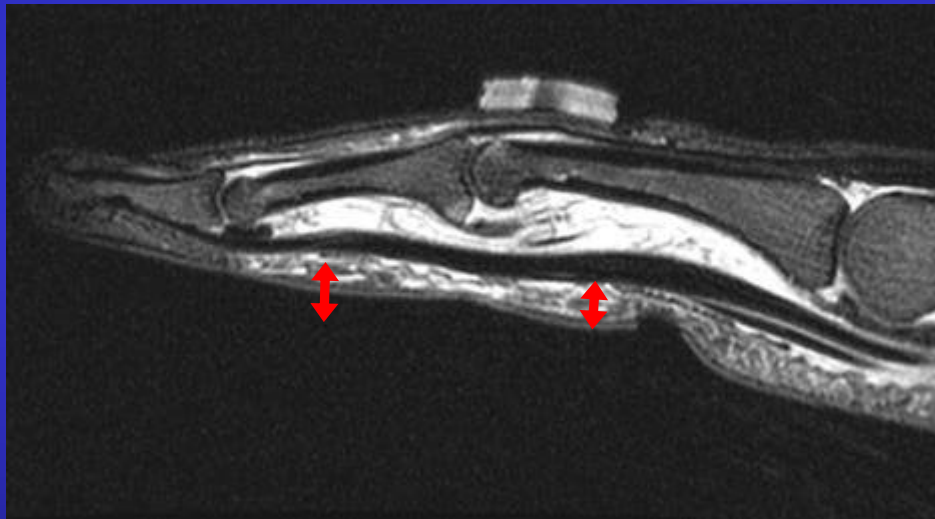
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Examination for pulley rupture

- Swelling, tenderness
- Weak active flexion
- Bowstringing



Imaging of pulley rupture



Treatment pulley rupture

- Initially:
 - Pain & swelling control; range of motion; tendon gliding
- Assist pulley structure
 - Thermoplastic
 - H-taping



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Images: Algar et al, 2018; King et al, 2017

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Treatment pulley rupture

- Pulley reconstruction
 - For multiple pulley ruptures
- Post-operative treatment
 - Resting splint
 - Early motion
 - Pulley ring for 3 months
 - Full sport at 6 months



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Images: Algar et al, 2018; King et al, 2017

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