



Learning Objectives

MedBridge

Best Practice for Flexor Tendon Rehabilitation

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Upon completion of this course, learners will be able to

- Correlate how early postoperative mobilization after flexor tendon injury increases tendon excursion and reduces adhesion formation
- Implement the rationale for true active motion rather than place-and-hold exercises when building a home program
- Analyze the anatomical considerations related to the flexor tendon system
- Prepare a user-friendly home program that facilitates participation in meaningful occupations (ADLs, IADLs, etc.)