

Dr. Robert Wysocki

A2 pulley reconstruction rehab protocol

4-5 days:

Splint: Dorsal blocking splint in intrinsic plus with a pulley strap/ring to support A2 pulley. Remove only for exercises.

Motion: Place and hold and gentle AROM of DIP and PIP joints. Can be done out of the splint with finger support palmarly over A2 pulley.

Edema control modalities instituted.

3 weeks:

Splint: Thermoplastic pulley ring fabricated. Splint worn for sleep and out in public. Otherwise, in controlled environment patient to wear pulley ring.

Motion: Continue AROM/PROM as above.

6 weeks:

Splint: Discontinue dorsal blocking splint. Continue pulley ring.

Motion: Continue AROM/PROM if lacking ROM. Can begin gentle strengthening.

12 weeks:

Splint: Continue pulley ring for heavy gripping.

Motion: Continue AROM/PROM. Progressive strengthening.