

Abstract

Thesis title: Acute injury of flexor appliance from second to fifth fingers of hand

Diagnosing the problem: Hand injuries represent 1/3 and 1/2 of all work injuries. Most of the injuries are to the tendon in the palms and from the muscles flexor digitorum profundus and flexor digitorum superficialis. Anatomically the hand is quite complicated. In this small area there are many structures such as bones, tendons, muscles, veins and nerves. Their compatibility makes the hand function. Each trauma can have a very serious effect.

Aims/Goals: The human hand is one of the most complicated parts of the body and is also one of the most important. Quality of life is seriously affected by its malfunction. After a tendon injury, surgery and good aftercare are necessary for the hand to function correctly. The aim of this thesis is to present a comprehensive view of hand injuries and the different opportunities of aftercare rehabilitation in the zones 1 and 2. Also to evaluate the effectiveness of the rehabilitation protocols on patients 1, 2 and 3.

Analysis/solutions: My conclusions were drawn from a step by step critical analysis of the treatment schedules from injury through to rehabilitation of patients 1, 2 and 3, as well as a modified version of TAM (total active motion). Some of the information within this thesis was obtained from published sources.

Results: The results have confirmed my hypothesis. Different surgical practices and rehabilitation protocols influence functional results of TAM. The rehabilitation process used was successful in 2 out of the 3 patients.

Key words: tendon injury, flexors, fingers, upper extremity rehabilitation