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Title

One Stage Flexor Tendon Reconstruction For Old Injury In Zone-2 Of Hand

Purpose

This study is conducted in order to know the outcome of one stage flexor tendon reconstruction for old injury in zone-2 of hand, to restore the adequate hand function, and return to their regular jobs.

Methods

Total 20 patients of old flexor injury in zone-2 of fingers were studied. Study period was January 2014 to October 2017. All patients were diagnosed by history and clinical examinations. Among 20 patients, single finger was involved in 13 patients, 2 fingers were involved in 5 patients, 3 fingers were involved in 2 patients. Isolated finger injuries were: index -7, middle finger-5, little finger-1, combined injuries: index and middle-3, middle and ring-1, ring and little-1, index middle and ring-2. Male patients were -13, female were-7. Age of the patients were 15 to 50 years. Age of injury were 3 months to 2 years. All cases were exposed through Bruner's zigzag incision. One stage Flexor Digitorum Profundus tendon reconstructed by Palmaris Longus tendon graft(17 fingers), Flexor Digitorum Superficialis graft(12 fingers). Distal juncture was made by modified Kessler method(core suture) and running interlocking epitendinous suture. Proximal juncture of the graft with Flexor Digitorum Profundus was made by Pulvertaft technique in zone-3 with maintaining adequate tension. Modified Duran protocol of rehabilitation were followed. Average period of follow up is 3 months to 1 year.

Results

Out of 20 patients, functional result were satisfactory in 18 patients (90%), unsatisfactory in 2 patients (10%). 2 patients developed stiffness in fingers due to inadequate post-operative physiotherapy.

Conclusion

Early motion stress to reconstructed tendons lead to a more rapid recovery of tensile strengths, improved excursion. One stage tendon reconstruction seems to be a satisfactory method of treatment for old flexor tendon injury in zone-2 of hand.