



## Proposition Cours 4 – 2020

# Management of flexors and extensors tendons

### Objectifs :

This course will cover the relevant anatomy, the biomechanics and the physiology of flexors and extensors tendons of the digits. Furthermore there will be an overview of the basics of woundhealing with an update on the latest views on tendonhealing. These topics are important for understanding and implementing the various treatment options we have for flexor and extensor tendon repairs nowadays. As the different treatment options are dependent on how the surgeon performs his/her repair, several surgical (suturing) management options will also be discussed.

Choosing the right treatment for each individual patient and each specific injury depends on how well the therapist can judge what is needed based on these basic sciences and also on how well the therapist can discuss these options with the treating surgeon to make the case for the best treatment for each individual patient.

Several treatment options will be presented both for flexor and extensor tendon injuries and for each option the relevant splinting and exercise choices will be discussed.

### Contenu :

Anatomy of flexors as relevant to the topic  
Tendon healing as relevant to the topic  
Evidence based treatment of flexor tendon repairs – the state of the art 2019.  
How to improve outcomes using tricks and tips – the 'brain-hand' link  
Anatomy and biomechanics of extensor mechanism – with special focus on zone 3 – PIP level injuries and how relative motion flexion works for these injuries  
Treating extensor tendon repairs zone 4-7  
Treating extensor tendon repairs zone 3  
Mallet finger.

### Intervenants :

**Gwendolyn Van Strien Hand Therapist certified, Consultant Hand Rehabilitation, the Hague, Netherlands**

### Date :

**24 - 25 septembre 2020**

### Lieu :

**Hôtel Alpes et Lac** (en face de la gare de Neuchâtel)  
Hôtel Alpes et Lac, Place de la gare 2, CH-2002 Neuchâtel, Tel. 032 723 19 19  
e-mail : [hotel@alpesetlac.ch](mailto:hotel@alpesetlac.ch)

### Destinataires:

Ergothérapeutes, physiothérapeutes et autres professionnels intéressés  
Nombre de participants max. : **40 personnes.**

**Prix:** y compris pauses et repas de midi

Membres SSRM : CHF 430-  
Non membres : CHF 470-

**Délai d'inscription : 27 juillet 2020.**