Complications:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Study | Rehab method | Digits | Tendons | Patients | Ruptures | Extensor Deficit (>15 deg) | Significant loss of motion in joint | Contracture/Adhesion |
| Adolfsson | Passive/Active | 91 | 68 | 82 | 6 | - |  |  |
| Baktir | Passive/Active | 41 | 41 | 33 | 2 | 10 |  |  |
|  | Active | 47 | 47 | 38 | 2 | 5 |  |  |
| Bal | Passive | 78 | x | 31 | 3 | - |  |  |
| Braga-Silva | Active |  | 136 | 82 | 5 | - |  |  |
| Bunker | Continuous motion machine | 35 |  | 20 | 2 | x |  |  |
| Centin | Passive | 74 | x | 37 | 1 | 13 |  |  |
| Chai | Passive | 15 |  | 8 | 0 | - |  |  |
| Chan | Passive/Active | 21 |  | 16 | 1 |  |  | 2 |
| Chow | Passive/Active | 78 |  | 66 | 3 | - |  |  |
| Edinburg | Passive | 99 |  | 36 | 2 | - |  |  |
| Elliot | Active |  | 317 | 233 | 18 |  | 8 |  |
| Gelberman | Passive (more intervals) |  | 48 | 51 total btwn both groups | 0 | - |  |  |
|  | Passive (less intervals) |  | 54 |  | 1 | - |  |  |
| Gerard | Active |  | 20 |  | 0 | - |  |  |
| Gerbino | Passive/Active |  | 20 |  | 1 |  | 7 |  |
| Hatanaka | Active | 7 |  |  | 1 | - |  |  |
| Hung | Passive/Active | 46 |  | 32 | 3 | - |  |  |
| Kitsis | Passive/Active |  | 339 | 130 | 6 |  |  | 17 |
| Klein | Active | 40 |  |  | 1 | - |  |  |
| Peck | Active | 52 total | 92 total | 26 | 18 (46%) |  |  | 11 |
|  | Passive |  |  | 26 | 4 (7.7%) |  |  | 8 |
| Saini | Passive/Active | 75 |  |  | 2 |  |  | 2 |
| Saldana | Passive/Active | 60 |  | 57 | 3 | - |  |  |
| Savage | Active |  | 36 |  | 1 |  |  | 1 |
| Silfverskiold | Passive/Active | 55 |  | 46 | 2 |  |  |  |
| Small | Active |  | 138 | 114 | 11 | 28 |  |  |
| Su | Passive/Active | 85 |  | 67 | 9 | - |  |  |
| Trumble | Passive | 58 |  | 51 | 2 | - |  |  |
|  | Active | 61 |  | 52 | 2 | - |  |  |
| Yen | Passive/Active |  |  | 10 | 0 | - |  |  |
|  | Passive |  |  | 10 | 1 | - |  |  |
|  |  |  |  |  |  |  |  |  |
| FPL Studies: |  |  |  |  |  |  |  |  |
| Kasashima | Immobilized |  |  | 16 | 0 | - |  |  |
|  | Passive/Active |  |  | 13 | 0 |  |  |  |
| Percival | Immobilization |  |  | 25 | 2 |  | 6 |  |
|  | Passive |  |  | 26 | 2 |  | 1 |  |
| Sirotakava | Active |  |  | 118 | 15 |  |  |  |

Without FPL:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Rehab | Passive | Active | Passive/Active | Immobilization | Continuous Motion |
| Total tendons | 462 | 894 | 813 | x | 35 |
| Ruptures | 14 (3.0%) | 59 (6.6%) | 38 (4.7%) | x | 2 (5.7%) |
| Decreased ROM | 21 (4.5%) | 53 (5.9%) | 38 (4.7%) | x | 0 |

With FLP:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Rehab | Passive | Active | Passive/Active | Immobilization | Continuous Motion |
| Total tendons | 488 | 1012 | 826 | 41 | 35 |
| Ruptures | 16 (3.3%) | 74 (7.3%) | 38 (4.6%) | 2 (4.9%) | 2 (5.7%) |
| Decreased ROM | 22 (4.5%) | 53 (5.2%) | 38 (4.6%) | 6 (14.6%) | 0 |

\*Extensor deficit, significant loss of motion, adhesions/contractions all grouped into “decreased ROM”