

Investigation of Effectiveness of Telerehabilitation for Zone 2 Flexor Tendon Injuries of the Hand

NCT06356766

Status	RECRUITING
Phase	Not Applicable
Sponsor	Istanbul University
Enrollment	42 participants

Key Eligibility Criteria

Inclusion (5)

- Individuals with isolated Zone 2 flexor digitorum profundus (FDP) and flexor digitorum superficialis (FDS) injuries,
- Repair performed within the first 72 hours post-injury,
- Individuals aged between 18 and 55 years,
- Patients willing to participate in the study,
- Ability to attend sessions regularly.

Exclusion (5)

- Fingers with concomitant fractures, digital nerve injuries, vascular injuries, or significant skin loss accompanying flexor tendon injuries,
- Bilateral flexor tendon injuries,
- Patients with replantation or revascularization,
- Flexor Pollicis Longus tendon injuries of the thumb due to differences in protocols applied and measurement of final outcomes,
- Patients unable to understand and perform postoperative exercises

Locations (1 total)

Istanbul Faculty of Medicine, Istanbul, Turkey (Türkiye)