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Unfortunately, injuries can develop with your

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flexor tendons. The most frequent cause of flexor tendon injuries occurs if you experience a cut in the fingertips or the palm of your hand. This can be problematic since your tendons are located adjacent to your skin. If the tendon is partially cut, then it might still be possible for you to bend your fingers.

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Most commonly, a flexor tendon injury results from lacerations (cuts). A laceration to the forearm, hand or wrist can result in injury to the flexor tendons. When a flexor tendon injury happens there can be inability to bend the fingers, thumb or wrist.

**Flexor Tendon
Injury: Signs &**

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**Treatment | The
Hand Society**

The most common signs of a flexor tendon injury include: An open injury, such as a cut, on the palm side of your hand, often where the skin folds as the finger bends An inability to bend one or more joints of your finger Pain when your finger is bent

**Flexor Tendon
Injuries - OrthoInfo -**
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Consistent, successful management of flexor tendon injuries relies on understanding the anatomy, characteristics and repair of tendons in the different zones, potential complications, rehabilitation protocols, recent advances in treatment, and future directions, including tissue engineering and

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biologic modification of
the repair site.

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Injuries : JAAOS -
Journal of the
American ...**

When the muscles contract, tendons bend the fingers. Each finger has two flexor tendons - one bends the middle joint, the other bends both the middle and fingertip joints. The thumb has one flexor tendon to bend the tip.

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Causes of Flexor Tendon Injuries. The most common cause of a flexor tendon injury is a deep cut to the palm or the finger(s).

Flexor Tendon Injuries: Symptoms & Treatment in MN | TRIA

The most frequent injury to a flexor tendon is via a laceration, although traumatic rupture of flexor tendons can

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occur from various etiologies. As with most issues in emergency medicine, an accurate history is the first step in beginning to determine the extent of any injury.

Tendon Injuries of the Hand: Flexor Tendons : Emergency ...

Hip flexor strain occurs when you use your hip flexor muscles and

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tendons too much. As a result, the muscles and tendons become inflamed, sore, and painful. Some people are more likely than others...

Hip Flexor Strain: Causes, Symptoms, and Treatment

Overview flexor tendon injuries are a traumatic condition classified by the zone of injury (see table below) basic concepts in repair are

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similar for different
zones location of
laceration directly
affects healing
potential

Flexor Tendon Injuries - Hand - Orthobullets

The horse's digital flexor tendons have evolved to store energy, absorb shock, and support weight-bearing joints. Researchers have reported SDFT injuries

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as the most common type of tendon/ligament injury. In one study of British racehorses and National Hunt horses, SDFT injuries accounted for up to 90% of tendon/ligament injuries.

Horse Tendon & Ligament Injuries and 7 Ways to Treat Them

Hip flexor strain can

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occur when the hip flexor muscles are pulled, strained, torn or injured. A range of activities may cause the condition with the chief symptom being sharp pain. Damage to the...

Hip flexor strain: Symptoms, causes, and treatment

Diagnosis of a flexor tendon injury is mostly clinical. Injury to any flexor tendon causes

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the corresponding finger to be out of cascade and assume a relatively extended position . On passive wrist extension, the fingers must flex by tenodesis. Lack of flexion of any digit with this maneuver is an indication of flexor tendon injury.

Flexor tendon injuries - ScienceDirect

Tendinitis is

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inflammation or irritation of a tendon — the thick fibrous cords that attach muscle to bone. The condition causes pain and tenderness just outside a joint. While tendinitis can occur in any of your tendons, it's most common around your shoulders, elbows, wrists, knees and heels.

Tendinitis - Symptoms and

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causes - Mayo Clinic

Volume 21, Issue 2,

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Delayed Treatment of

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Including Grafting.

James W. Strickland.

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Pulley Reconstruction.

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The issue with tendons is that they have very little blood flow, which makes healing an issue. Thus in general, simply not using the hand will not fix the problem (at least not in a reasonable time period.) You essentially need to aggravate the tendon to stimulate blood flow and healing,

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but not so much
aggravation that you
make it worse.

**Training with a
finger pulley/flexor
tendon issue**

The most common tendon to be injured is the superficial digital flexor tendon, usually in the cannon region. While galloping, the fetlock joint sinks significantly, which is when the strain through this tendon is

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greatest. This perhaps explains why injury to the superficial digital flexor tendon is most common in racehorses and event horses.

Tackling tendon injuries | Horse and Rider

Moderate to severe flexor tendon tears can benefit from shock wave, vibration, laser, and other adjunctive therapies, Bell says.

Regenerative therapies

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—including platelet-
rich plasma (PRP ...

**Sidelined: 4
Common Injuries in
Western
Performance Horses**

...

Tendon Injury Tendon injury can occur via external trauma, either hard blunt trauma, such as a leg being caught under a plank in the fence (or even due to a slipped bandage), or

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**Tendon Injuries in
Horses - The Horse**
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mechanical overload.
Hudson is sidelined with a flexor tendon issue. The news comes at an especially bad time for the Cardinals, who despite being two games below .500 going into Friday's doubleheader against the ...

Dakota Hudson likely done for

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injury ...**

Tang JB. Flexor tendon injury and reconstruction. In: Chang J, editor. Plastic Surgery. Vol. 6. 3rd ed. London: Elsevier Saunders; 2013. p. 178-209. Tang JB. Release of the A4 pulley to facilitate zone II flexor tendon repair. J Hand Surg Am 2014;39:2300-7. Tang JB. New Developments Are Improving Flexor

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