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**Effect of wrist tenodesis exercise on rehabilitation of finger flexor tendon repair on zone II****Mohamed Raafat Atteya**  
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**Introduction:** The effectiveness of rehabilitation program post-surgical repair of flexor tendon remains unproved and controversy exists in the literature about the specific program which results in improved outcomes.

**Purpose:** This study was conducted to investigate the effect of wrist tenodesis exercise in patients with flexor tendon repair on zone II.

**Methods:** Thirty (30) patients participated in this study were assigned randomly into two experimental groups with age ranged from 20-60; Group-A 15 patients were treated by Kleinert protocol only, Group-B 15 patients were treated by Kleinert protocol with addition of wrist tenodesis exercise at 2nd week. Both groups were evaluated through measuring TAM by Finger Goniometer, hand grip strength by Jammer Dynamometer and functional disabilities by quick DASH scale, were measured at the 6th, 9th and 12th week postoperatively.

**Results:** The independent sample t-test was used to identify the differences between both groups; there was significant early improvement in TAM and hand strength into the group-B more than group-A, and significant reduction in functional disabilities scale into the group-B lesser than group-A post treatment.

**Conclusion:** The wrist tenodesis exercise can be used as one of effective modality on rehabilitation program after flexor tendon repair on zone II, as it was revealed a great and early outcomes.

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