Tendon transfers are surgical procedures utilized to restore movement and ultimately function in the upper limb. A successful procedure requires multiple knowledge in anatomy, physiology and biomechanics of the muscles, tendons and joints, and follows a few principles:
- The “donor” muscle should be strong enough (active against resistance)
- Its course to target should be as straight as possible, avoiding pulleys and changes of direction
- Its strength and excursion should match that of the “recipient” muscle
- It should be agonist of the muscle (function) to be restored
- Its tension should be set appropriately for an optimal muscle contraction

However these principles are for the most part derived empirically, as we lack reliable tools for measuring objectively such items as muscle strength, excursion, and tension. Typically the surgeon must rely on his or her experience and functional outcomes often vary between patients who have had the exact same operative procedure.

At the Rehabilitation Research and Development Center, Palo Alto VAHCS, surgeons, research therapists and biomedical engineers have established a laboratory and have developed novel instruments to:
1. assess functional outcomes of muscle tendon transfers in tetraplegic patients
2. design strategies to optimize outcomes
3. develop new surgical procedures
4. provide the surgeon with more reliable objective methods to assist surgical decision-making.

In this presentation, we will discuss the basic principles underlying muscle-tendon transfers, identify issues where collaboration between surgeons and engineers may lead to useful advances and discuss our progress to date in this area.

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