**HAND THERAPY**
Royal United Hospital
Combe Park
Bath BA1 3NG
Tel: 01225 824293

# Royal United Hospital Bath **NHS**

## **NHS Trust**

**Email: Physio.Hands@ruh-bath.swest.nhs.uk**

## FLEXOR TENDON REPAIR (Advice Sheet 1)

Name: ……………………………….. Date of Operation: …………… 0 – 3 weeks

- You have had a tendon/s repaired in your hand. The repair is very weak at the moment therefore a splint has been made to protect it and to prevent you from using your hand.

- You must wear the splint **ALL THE TIME**.
- You will be taught **special exercises**. These are to help keep the tendon moving without damaging it, and to help stop it from becoming 'stuck' down.

- Keep your hand up as much as possible, to help reduce swelling.

## Exercises

Do these **EVERY HOUR IN YOUR SPLINT.**

1. **Using your uninjured hand**, bend the fingers into the palm of your hand. Repeat this 10 times for each finger.
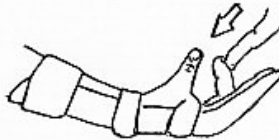


2. **Using your uninjured hand**, bend all your fingers down into the palm. Take your other hand away and count to 5 keeping your fingers bent.



Straighten your fingers back to the splint. Do this 5 times.



**DO NOT.......** 

- **Do not** remove your splint or get your splint wet or place it on anything hot.
- **Do not** use your hand for **ANYTHING** other than the exercises shown to you.

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**FLEXOR TENDON REPAIR**  (Advice Sheet 2)

Name: ……………………………………………          3 – 6 weeks

- Continue to wear your splint **all the time**.

- Keep doing all your previous exercises.

- You can now start to move your fingers by themselves.

- Once your stitches have been taken out (at around 10-14 days after your operation) you can begin massaging your scar.
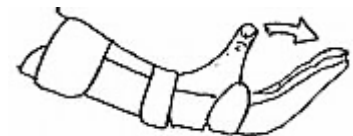
**Exercises**

**Do these only after you have done your other exercises.**

Repeat these **every hour.**

1. Slowly bend your fingers into your palm.
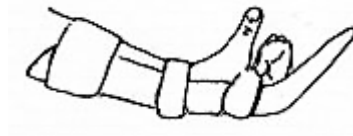


   Slowly straighten your fingers back to the splint.  Repeat these 5 times.



2. You will be taught how to massage your scar.  This will help prevent it becoming stuck down, and will also make it look a lot better.

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## FLEXOR TENDON REPAIR  (Advice Sheet 3)

Name: ……………………………………………          6 – 8 weeks

Your splint will be gradually straightened.  You do not have to wear the splint all the time now.  Wear it less during the day BUT continue to wear your splint:

- In bed
- In crowds
- Anytime you feel your hand maybe 'at risk'

## EXERCISES

- Continue all  your previous exercises
- Curl you fingers into your palm, hold them there and gently bend your wrist forwards and backwards. DO NOT force your wrist backwards.

**Do**

- Continue all your exercises
- Continue to massage your scar
- Use your hand within the limits explained to you by your therapist

**Do Not**

- Push hard against any objects
    - e.g.          Pushing doors open
                    Getting out of a bath
                    Pushing yourself out of a chair

- Do not lift anything heavier than a bag of sugar

- Do not drive

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## FLEXOR TENDON REPAIR  (Advice Sheet 4)

Name: .......................................................        8 - 12 weeks

Your tendon is getting a **little** stronger.

Your therapist will teach you exercises to help build the strength of your tendon and increase the amount of movement in your fingers.

**Do**

- Continue to massage your scar
- Continue all your exercises

- You may consider driving at 10 weeks (not HGV)

- You can start doing **light** work for **short periods only**

     e.g.          writing
                      light housework
                      using a keyboard

- Wear your splint at night if your therapist feels you need to

**Do Not**

- Do not play contact sports
- Do not lift anything heavier than 6 lbs
- Avoid repetitive work e.g. writing for long periods

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## FLEXOR TENDON REPAIR  (Advice Sheet 5)

Name: …………………………………………….          12 + weeks

Your tendon is getting stronger

Your hand and arm will be weak due to lack of use

Your therapist will teach you exercises to help get the strength back

Check with your therapist before returning to:

- Heavy work



- Contact sports



- Sports or work that require prolonged periods of holding e.g. rock climbing

If you damaged your nerve at the time of your original injury, you may need to continue to see your therapist so they can keep an eye on the nerves recovery and changes in sensation.

*It is very important to discuss any problems you may have with your therapist.  If you cannot keep an appointment, please let us know as soon as possible.*

Your Therapist is …………………………………………………….

PS 2001 FTR