



## Upper Limb Unit: Hand Therapy

# Finger extensor tendon repair (Late Stage)

By six weeks your tendon repair has gained sufficient strength to progress into a different stage of treatment. The repaired tendon however takes 12 weeks to regain the strength of an undamaged tendon. You will therefore still need to follow some precautions.

### Splints

You will no longer need to wear your splint. Additional splints may be provided to help regain movement. Your therapist will discuss this with you and provide any splint as appropriate.

### Exercises

You are now allowed to move the fingers and wrist actively through their full range of movement. However you should not try to stretch the fingers into full flexion or the wrist fully forward until eight weeks after the surgery.

Continue to complete the exercises you were given after surgery. Your therapist will advise you on additional exercises as appropriate to your individual need.

### Scar

You should continue to massage your scar and apply any silicone gel or elastomer already provided, as the scar tissue remains active. You may also be given ultrasound treatment if the scar continues to restrict movement of the tendon.

### Function

You can begin to use your hand for light, functional tasks for example fastening buttons or lifting a full cup. At eight weeks you can increase the use of your hand and resume driving. You should however avoid lifting anything very heavy or gripping very tightly until 12 weeks when the tendon should be at full strength.

Your therapist will offer any further advice or treatment to help you return to maximum function after your surgery.

Please speak to your therapist regarding any information in this leaflet or contact us:

### Further Information

If you need further information please contact your Therapy Department:

**University Hospital, Coventry and Warwickshire: Tel 024 7696 6016**

**Rugby, St Cross Hospital: Tel 01788 663257** For further information please visit our hand service web site <http://tinyurl.com/uhcwhand>

The Trust has access to interpreting and translation services. If you need this information



## Patient Information

in another language or format please contact 024 7696 6016 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

[www.uhcw.nhs.uk](http://www.uhcw.nhs.uk)

**Document History - Author:** Fiona Kidd **Published:** February 2013 **Reviewed:** June 2019 **Review:** June 2021 **Version:** 3.1 **Reference:** HIC/LFT/1573/13