



## Upper Limb Unit: Hand Therapy

# Finger flexor tendon repair (0- 5 weeks)

You have undergone surgery to repair the tendons that bend your finger. It will take approximately 12 weeks for your tendons to be strong enough to return to normal function.

### **Splint:**

- The tendon repair is very delicate and can easily be damaged. To protect the repair you will be provided with a splint.
- You should wear the splint 24 hours a day for first five to six weeks.
- Do not use the hand to do any functional tasks. If you do not follow the advice your repaired tendon may rupture.
- You should also avoid hanging/carrying anything from the splint/arm. If your splint becomes uncomfortable speak to your therapist who can remould or alter your splint.
- The splint is made out of thermoplastic material which softens when hot. So do not expose it to any form of heat.

### **Wound:**

Keep your dressing dry and clean at all times. If the dressing gets wet or if you are concerned about your wound, contact the Physiotherapy Department on the number on your appointment card.

Once your stitches are removed and your wound is fully healed you should start massaging the scar with water based moisturiser eg. E45, aqueous cream. This is an important part of your treatment as it will help prevent the scar tissue sticking to the tendon and limiting movement of the finger.

### **Driving:**

You should not drive with your splint on or remove your splint to do so. Driving with or without your splint puts you at significant risk of rupturing your tendon(s). To drive with your splint on also puts yourself, any passengers and other motorists at risk as you will not have adequate control of the vehicle. You should not drive until at least 8 weeks after your tendon repair.



## Patient Information

If your splint is uncomfortable speak to your therapist who can remould or alter your splint. The splint is made out of thermoplastic material which softens when hot so do not expose it to any form of heat.

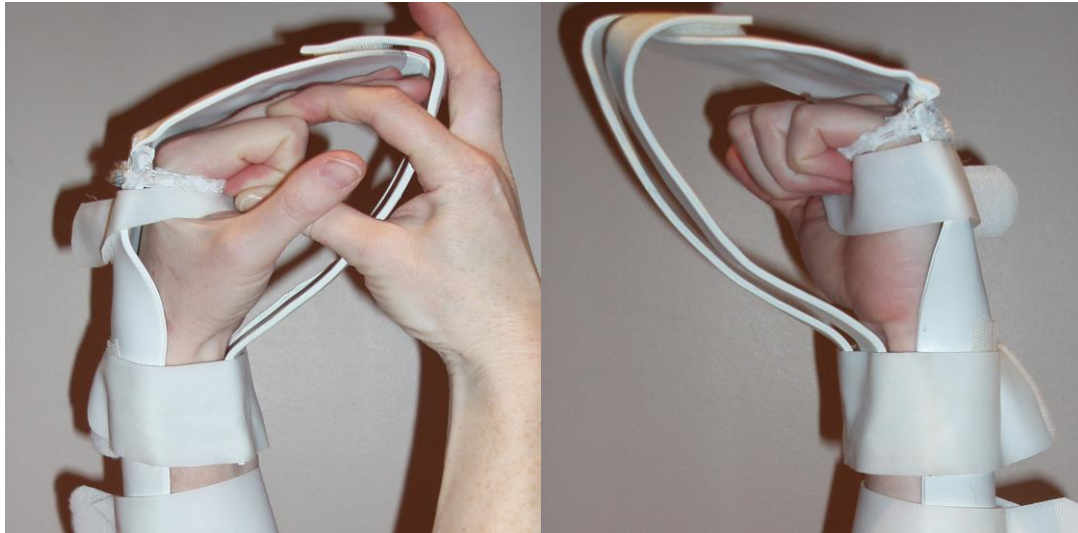
### Swelling:

To minimise swelling keep your hand raised as much as possible, with support if needed.

### Exercises:

Gentle movement of the tendon also helps limit scar tissue sticking to the tendon. You should complete only the exercises advised by your therapist. Doing too many exercises may cause inflammation and the formation of extra scar tissue. Doing too few may lead to stiffness.

1. Bend your operated finger in to your palm with the help of your other hand.
2. **Slowly and gently** bend your fingers into your palm
3. Straighten fingers up to the splint



## Patient Information



If you experience any sudden loss of bend please contact your therapist as soon as possible.

### 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>

For further information contact the number on your appointment card.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6012 and we will do our best to meet your needs. The Trust operates a smoke free policy.

### Document History

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