



Information for  
patients and  
carers

**Extensor Tendon Repair -  
Relative Motion Splint**

Hand Therapy Advice

## Hand extensor tendon information

You have injured the extensor tendon in your hand. This tendon connects to a muscle in your forearm that lifts your finger straight. A surgeon has repaired the tendon to help your finger lift up again.

It takes time for them to mend, take care to protect the surgical repair. Tendons take 10-12 weeks to completely heal and allow you to get back to full, normal activities.

## Following surgery

- It is important that you attend the hand dressing clinic appointment to be fitted with the correct splint and to be given correct advice

Appointment date and time: \_\_\_\_\_

- From here your splint that protects the tendon repair stays on all the time
- Keep your hand and splint dry when washing by covering it with a plastic bag
- Stitches come out approximately 10-14 days after surgery
- When your wound has healed, you may be able to remove the splint to wash. Your therapist will explain how and when to do this safely
- When your wound has fully healed, you can use a non-perfumed cream over the scar for massage which improves mobility

# Splint



Example of a yoke for a little finger

Example of a yoke for an index finger

You will be fitted with a splint to wear all the time during the day. This is called a Yoke Splint; it keeps your injured finger in a more extended position compared to your unaffected fingers. This helps to protect the surgical repair of the tendon.

This may be worn alongside a strapped wrist splint (depending on the area of tendon repair).

Therapist advice on wrist splint:

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You will need to wear the splint(s) for six weeks following your surgery.

Your splint has been fitted and provided for your use only and must not be used by another person. If your splint becomes ill-fitting, too tight, too loose or needs strapping replacement please contact the hand therapy department.

Splint Manufactured / Fitted by:

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Our prefabricated/off the shelf splints comply with CE/UKCA safety regulations.

## Treatment

During the day you can use your hand as normally as possible with the splint on for light activities. Examples of light activity for you as discussed with your therapist:

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We advise no powerful gripping of objects for 8 weeks. Take care not to combine wrist and finger bending movements as this puts tension on the repaired tendon ends. This could lead to rupturing the repair and possible further surgery. This may lead to poor results in movements and use of your hand.

You will be reviewed by hand therapy to progress to specific exercises six weeks post-surgery. Further splint wear may be required and this will be discussed with you at the time.

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## Feedback about the care you have received

We are always striving to ensure we provide the best possible care and improve our services based on what our patients tell us. We would really appreciate if you could take a few minutes to complete a short anonymous survey by scanning the QR Code on the next page. Paper versions are also available in our department next to the anonymous drop box for posting your feedback.

# THE NHS FRIENDS AND FAMILY TEST

Have your say to improve your care. We would like your feedback on the care or treatment you have received today. Put us to the test and tell us what is working and what we can improve. You can say what you think as we do not ask for any of your personal details. The feedback will be used to plan and implement improvements to our services.

**THANK YOU** for taking the time to complete this survey.

Preston Hand Therapy



Chorley Hand Therapy



## Contact details

Should you require further advice or information please contact Hand Therapy at Royal Preston Hospital on 01772 522879 or Chorley District Hospital on 01257 245757.

## Sources of further information

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

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

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں ییہ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہی۔ معلومات

**Arabic:**

مطبوعه بأ حروف كبيره و بلغات إذا كنت تريد مساعده في فهم هذه لمعلومات يُرجى أن تطلب أخرى بملفّن تو فسير هذه المعلوماّت

**Department:** Hand Therapy  
**Division:** Diagnostics and Clinical Support  
**Production date:** February 2022  
**Review date:** February 2025  
**JR 751 v1**