



Information for  
patients and  
carers

## Finger Extensor Tendon Repairs

Hand Therapy Advice

## Hand extensor tendon information

You have injured the extensor tendon(s) in your hand. These tendons connect to muscles that lift your fingers straight. A surgeon has repaired these tendons to help your fingers 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 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 exercises to do at home

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 start to do this
- When your wound has fully healed, you can use a non-perfumed cream over the scar for massage which improves mobility

## Treatment:

### Splint:



Your splint is designed to allow you to lift your fingers up within a safe range. By restricting your fingers from making a fist it protects the repaired ends from pulling apart.

Wear your splint for the first 4 weeks after 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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## Exercises

Your therapist will explain the following exercises. Do these 4 times a day (every three hours). They reduce joint stiffness and help the tendons to move.

Try to move as best as you can but do not force these movements. Be guided by your therapist.

You can lift the fingers without damaging the tendon repair. Do not push or force the fingers down again. This can pull on the tendon stitch.

1.

In the splint but removing the finger strap, use your muscle effort to lift your fingers up.

Rest your fingers back down to the splint, making sure you control the lowering of the fingers rather than letting them flop down.

Repeat 4 times.



2.

In the splint and keeping the big knuckles straight, gently bend the small joints of the fingers into a hook shape using your muscle effort



Rest your fingers back down to the splint, repeat 4 times.

## Other advice

- Keep your hand up to help reduce swelling
- Do not use your hand for any activity
- Do not put any pressure through the fingers
- You will continue this regime for 4 weeks following your surgery. Your hand therapist will advise when you can progress
- Stay off work, unless you can avoid using your operated hand
- We do not advise driving for 10 weeks after surgery
- Follow your exercise programme

## 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 ے مہر یان پو ے یچہ ہی۔ معلومات

**Arabic:**

مطبوعه بأ حروف كبير ة و بلغات إذا كنت تر يد مساعده في فهم هذه لمعلومات يُرجى أن تطلب أخرى يمكن تو فسير هذه المعلوما ت

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