



Information for
patients and
carers

Wrist Flexor Tendon Repair(s)

Hand Therapy Advice

Wrist Flexor Tendon Information

You have injured the flexor tendon(s) in your wrist. These tendons connect to a muscle in your forearm and bend the wrist in a forwards movement.

You have had surgery to repair one or more of these tendons and it is important to take care to protect the surgery. Tendons take time to repair and will not be fully healed until 12 weeks after the operation.

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 you will be fitted with a splint to protect the tendon repair which 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 you can 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

You will be fitted with a splint to protect the repaired tendon(s). The splint will block your wrist from moving in a backwards direction as doing this will cause a pull on the surgical repair and risk the tendon stitch coming apart. You must wear your splint at all times for four weeks.



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:

Exercises

It is important to keep your fingers and thumb moving to prevent any stiffness and to maintain the glide of your tendons.

1. Use your opposite hand to bend each finger and thumb down into the palm and straight up again
2. Gently, using just your muscle effort, bend the fingers down into the palm and straighten them up again
3. Bring the thumb to meet each fingertip in turn, and then slide the thumb down the little finger to the base.

Scar care

When advised by your therapist massage the scar; this keeps the skin and tissues beneath mobile and prevents the tendons from becoming stuck.

To do this:

- Use a pea-sized amount of non-perfumed, moisturising cream / white lotion
- Massage onto the scar firmly
- Use a circular motion for 5 minutes
- We advise you do this 4 times a day

Scars can be sensitive; don't let this put you off. Talk through any concerns with your hand therapist.

Other advice

- Keep your hand up to help reduce swelling
- Do not use your hand for any activity; this may cause the tendon to rupture
- Wear the splint continually
- Stay off work, unless you can avoid using your operated hand.
- Typically you need to wear the splint all the time until 4 weeks post operation and a further 2 weeks overnight, your therapist will advise on further progression and exercises at this time.
- Light activity can begin at 4 weeks.
- We do not advise driving for 10 weeks after surgery.
- Full function, heavy lifting and contact sports can resume at 12 weeks

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

www.nhs.uk

www.patient.co.uk

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

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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 يمكن تو فسير هذه المعلوما

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Division: Diagnostics and Clinical Support
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