



Information for
patients and
carers

**Finger Flexor Tendon Repair
(Short Splint)**

Hand Therapy Advice

Finger flexor tendon information

You have injured the flexor tendons in your hand. These tendons connect to muscles that bend your fingers towards your palm. A surgeon has repaired these tendons to help your fingers bend again. It takes time for them to mend, take care to protect the surgical repair. Tendons take 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 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 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 move within a safe range. It protects the repaired ends from pulling apart. You will need to wear this all the time for 6 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:

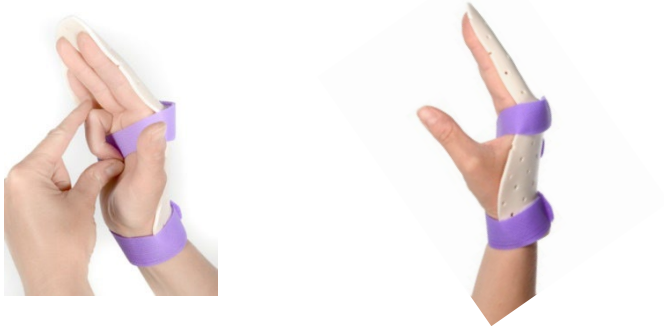
Exercises

Your therapist will explain the following exercises; do these every waking hour during the day. They reduce joint stiffness and help the tendons to move.

Try to move as best as you can. It may not be easy to start with and do not force these movements but be guided by your therapist.

1a) In the splint and using your opposite hand, bend each finger in turn towards your palm. Make sure you bend all three joints of each finger. This will reduce stiffness making exercise 2 easier.

Lift your fingers straight to the hood of the splint using muscle action.



Repeat these 10 times

You can push the fingers towards the palm without damaging the tendon repair. Do not push the fingers straight, this can pull the tendon stitch.

1b) In the splint actively use the muscles of all four fingers to curl all the fingers up to your palm. Aim to achieve a tuck up at the smallest top joints gently making a full fist.

Again, lift your fingers back to the hood of the splint.



2a) In the splint and with the wrist held backwards (adjust the wrist strap if needed) allow the fingers to curl towards the palm.

Allow your fingers to bend from the fingertips, but do not force this movement.



2b) Then, allow the wrist to move forwards and the fingers to relax out straight towards the hood of the splint.



This should feel like one easy movement. Repeat these 10 times

This exercise should feel unforced as tension through the repair can pull the tendon stitch.

Other advice

- Keep your hand up to help reduce swelling
- Follow the advice from your therapist about how to include your non-operated fingers in light function
- Talk to your hand therapist about work and how to use the non-operated fingers safely; you may need to stay off work if it involves gripping tasks
- Do not put pressure through all the fingers

You will continue this regime for 6 weeks following your surgery. Your hand therapist will advise when to remove the splint and further exercises.

We do not advise driving for 10 weeks after surgery.

Follow the exercise programme, every hour daily.

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.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 ਵੱਲ 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 كبير ة و بلغات إذا كنت تر يد مساعده في فهم هذه لمعلومات يُر جى أن تطلب أخرى يمكن تو فسير هذه المعلوما ت

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Division: Diagnostics and Clinical Support
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