



Information for
patients and
carers

Finger Extensor Tendon Repair (Central Slip and Lateral Bands)

Hand Therapy Advice

Finger extensor tendon information

You have injured the extensor tendon to your finger. This tendon connects to muscles that lift your fingers straight. A surgeon has repaired it to help your finger lift up again. Tendons take 10-12 weeks to heal. Care must be taken to protect the repair. Your hand therapist will advise you how and when to return 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 a safe way and when to start 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 provided with a resting splint and exercise splints.

Your exercise splints are designed to allow you to bend and lift your fingers up within a safe range.

By restricting your fingers from making a fist it protects the repaired ends from pulling apart. Your resting splint keeps your finger straight, you will wear this all the time for 6 weeks apart from when exercising.

Your exercise splints may be made of bendable aluminium or thermoplastic. Keep these away from anything that may knock them out of shape. They have been specifically bent for you.

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:

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

Exercises

Your therapist will demonstrate and explain the following exercises. Do every waking hour. They reduce joint stiffness and help the tendons to move.

Try to move fully, but do not force these movements. Be guided by your therapist in the treatment sessions.

1. This splint is the full length of the finger and has a prescribed angle of bend to it.

Holding the bent exercise splint secure at the base against your injured finger, relax your wrist then bend your finger onto the curve of the splint. Then lift your finger up. Make sure you can lift the finger straight.



Repeat 20 times.

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

The bend in the exercise splint will be increased as you recover. This will progress your ability to bend the finger.

2. This splint runs the length of your finger but keeps the middle joint straight and allows more bend at the top joint.

Holding the exercise splint secure along your injured finger, relax your wrist then bend your top finger onto the curve of the splint.

Repeat 20 times.



3.



Replace your full finger resting splint, and continue to wear this until your next set of exercises.

Take care to keep your finger straight when swapping the splints over.

Other advice

Please attend hand therapy appointments with all of your splints as they may need adjusting.

- Keep your hand up to help reduce swelling
- Do not use your hand for any activity
- Do not put any pressure through the fingers
- Stay off work (unless you can avoid using your operated hand while in work)

You will follow this regime for 6 weeks from your operation date; your therapist will then progress your exercises and rehabilitation regime.

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

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 ਵੱਲ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲ 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:

مطبوعة بأحرف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يُرجى أن تطلب أخرى يمكن تو فسير هذه المعلومات

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