

Here are some important rules

Do:

- The exercises every hour
- Keep your hand elevated
- Move your shoulder and elbow as shown by your therapist

Do not:

- Use your hand for **any** activity
- Remove your splint unless instructed to by the therapist
- Straighten the fingers using the other hand

If you do you could snap your tendon repairs which could lead to further surgery

Therapist: _____

Hand Unit: 0151 430 1237

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CAM regime Controlled Active Motion Flexor Tendon Injury Stage 1a

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Flexor tendon injury

You have injured the tendons which bend your finger(s) into a fist. These have been repaired but you must take care with them. Please follow the instructions in this leaflet carefully and ask your therapist if you are unsure about anything.

Wearing a splint

After the operation you will need to wear a splint for up to 6 weeks. This splint helps protect your tendons and must be worn at all times.

If you experience any increase in pain, swelling or numbness or your splint becomes loose or detached, please contact the department immediately to arrange for this to be reviewed by one of our therapists.

Your therapist will advise you when you can remove the splint for careful washing of the hand. At the same time you may apply some hand cream to keep the skin soft.

You need to complete these exercises **every hour** when you are awake. These exercises allow your tendons to move gently and reduce stiffness.

Exercises to be completed every hour when awake

1. Using your good hand, bend your injured finger(s) down as far as you can. You may push your fingers to touch the palm without harming the repaired tendon.

Repeat **10 times**



2. Straighten all the fingers to touch the back of the splint do not push your fingers with your other hand.

Repeat **10 times**



3. Bend all the fingers together. You must not force the fingers to make a full fist if this is difficult or painful.

Repeat **10 times**

