

Here is some important advice

- You are advised to start using your hand for gentle activities eg: getting dressed, turning pages of a newspaper, holding telephone, eating and drinking.
- You **must not** use your hand for heavy activities such as cleaning floors, lifting boxes, gardening and weight training.
- You **must not** force your hand straight eg: pushing up from chair with the hand flat or press ups
- If you do - you could snap your tendon repairs which could lead to further surgery
- Remember: Massage cream into the scar.
- You are advised not to drive yet

Therapist: _____

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CAM regime Controlled Active Motion Flexor Tendon Injury Stage 3

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

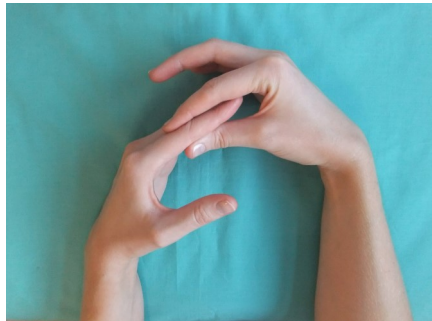
Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Flexor tendon injury

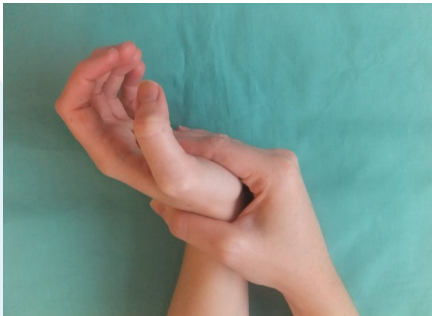
1. Bend your wrist forwards, try to straighten your fingers at the same time. Use your other hand to help your fingers straighten.

Hold this position for 10 seconds, repeat **10 times**



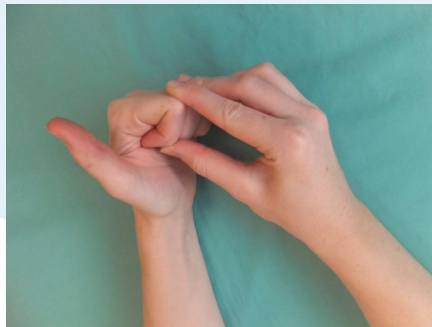
2. Take your wrist backwards, keeping your fingers bent, use your other hand to help your wrist bend backwards.

Hold this position for 10 seconds, repeat **10 times**



3. Push your fingers into a full fist

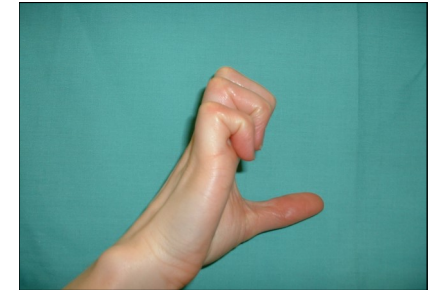
Hold this position for 10 seconds, repeat **10 times**



Exercises to be completed every hour when awake

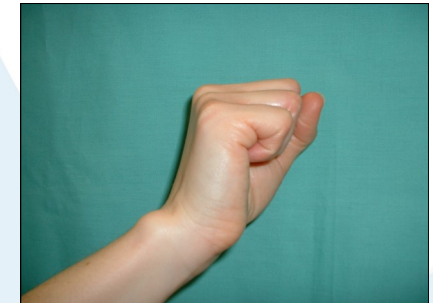
4. Keep your big knuckles straight and bend fingertips towards the palm then fully straighten your fingers

Repeat this 10 times



5. Make a fist, then fully straighten your fingers

Repeat this 10 times



6. Make a fist, then put your other hand over the top of your knuckles to stop them from moving. Now straighten your fingers. Repeat this 10 times

