

Here are some important rules

Do not:

- Force your fingers or squeeze anything
- Push your fingers straight
- Use your hand for **any** activity
- Straighten your fingers and wrist at the same time

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

Remember to:

- Wear your splint at night
- Massage cream into the scar
- Move your shoulder and elbow as shown by your therapist

Therapist: _____

Hand Unit: 0151 430 1237

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600 ext. 1237

CAM regime

Controlled Active Motion Flexor tendon injury Stage 2

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.

Flexor tendon injury

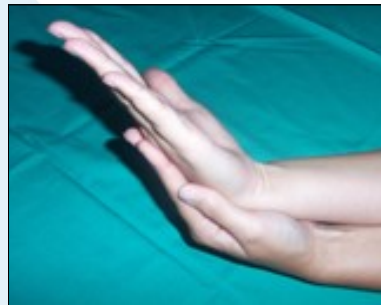
While your splint is removed during the day

1. Relax your fingers and move your wrist backwards, then try to make a fist



Repeat **10 times**

2. Bend your wrist forwards, support with the other hand and straighten your fingers.



Repeat **10 times**

Exercises to be completed **Every Hour** when awake

3. Push each finger into the fully bent position

Repeat **10 times**



4. Slowly and gently move your fingers into a fist. Do not force or squeeze anything

Repeat **10 times**

