

## Zone III/IV Extensor Central Slip Injury

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

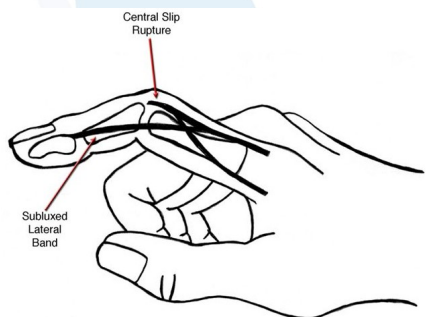
Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

Therapist: \_\_\_\_\_

Hand Unit  
Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 430 1237

## Zone III/IV (Central Slip) Injury

The central slip tendon helps you to straighten the middle joint of your finger known as the proximal interphalangeal joint (PIPJ). An injury to this tendon can result in you being unable to straighten your injured finger.



Following a repair of your tendon, it is important to get a balance between moving the finger and protecting the repair.

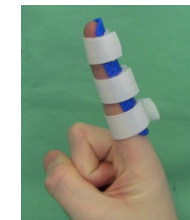
We will therefore be using splints to guide your movement and recovery.

It is important you follow the exercises as shown by your therapist.

You must wear your splint **continuously** and **only move your finger to the limits of your exercise splint**.

## Exercises

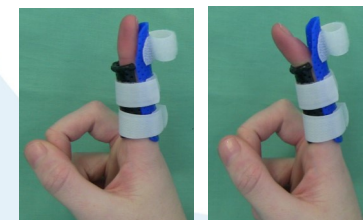
1. Wear the splint on the back of your finger at all times



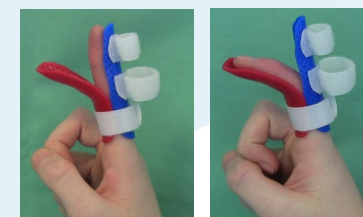
2. Maintain movement in the unaffected fingers



3. Use Exercise splint 1 to bend the top joint of your finger.



4. Use Exercise splint 2 to bend the middle joint of your finger, only as far as the splint allows



**Complete each exercise x10 repetitions every hour**