

Scar healing

Your wound will take approximately two weeks to heal and form a scar. Once healed it is important to start massaging the scar.

The exercise not only helps improve tenderness but helps restore the skin to a more normal appearance.

To complete your scar massage, use a non-perfumed cream with small and fairly firm circular motions directly into the scar.

Ensure you work along the entire length of your scarring.

Therapist: _____

Hand Unit: 0151 430 1237

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

 /sthknhs  @sthk.nhs
www.sthk.nhs.uk

CAM regime

Controlled Active Motion Flexor Tendon Injury Stage 1b

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.

Author: Therapy Team
Department: Plastics Hand Therapy
Document Number: STHK1610
Version: 001
Review Date: 31 / 01 / 2024

Continue with the exercises described in leaflet 1a

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**

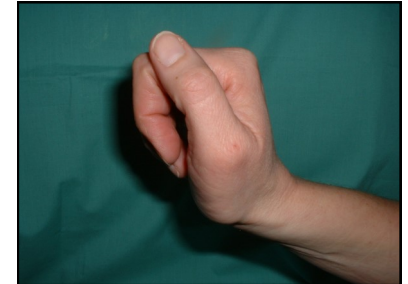
3. Bend all the fingers together. You must not force the fingers to make a full fist if this is difficult or painful.

Repeat **10 times**

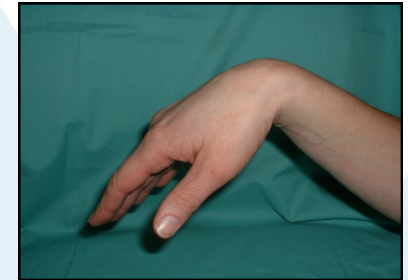
Plus the following:

Remove your splint twice a day (morning and evening) and complete the following exercise **5 times**

1. Relax your fingers into a bent position and move your wrist backwards



2. Bend your wrist forwards allowing your fingers to straighten



Do not straighten the wrist and fingers at the same time

Always replace your splint after completing your exercises