

## 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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## Modified Short Splint (MSS) Flexor tendon injury Zone 1 & 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.

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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. You must sleep in your splint.

**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.**

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

## Outpatient Appointment

**If you are expecting an outpatient appointment but do not receive one, please contact your Consultant's secretary**

## Exercises: to be completed every hour when awake

1. With your wrist extended (back), as shown in the picture, using your other hand push your finger down into the palm.

Release and repeat **10 times**  
You will not do harm to the tendon by pushing your finger down.



2. With your wrist flexed (bent) straighten all the fingers to touch the back of the splint by itself

Repeat **10 times**



3. With your wrist extended (back) bend all your fingers down to make a fist.

Repeat **10 times**

