

Take care

Your tendon repair is very fragile and may easily break. Please follow the instructions in this leaflet carefully.

If your finger stops moving, you have an increase in pain, or the fingers or hand become red and swollen contact the hospital as soon as possible.

Telephone numbers

Monday – Friday 8.30am – 4.30pm
Hand Therapy 0161 291 4895

Evenings and weekends
Ward F1 South 0161 291 2202

Hand Therapy
Burns & Plastics Outpatient Department
Wythenshawe Hospital
Southmoor Road
M23 9LT

Care of your Flexor Tendon Repair

Controlled Active Motion Regime

Information for patients



Editorial Board N
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You have injured the tendons which bend your finger(s). These have been repaired but you must take great care with them. The tendons will take 12 weeks to heal completely and may take longer to move normally.

Please follow the instructions in this leaflet carefully. If you are unsure about anything please ask your therapist.

Wearing a splint

You will need to wear a splint (see front page) for up to six weeks.

This splint must be worn at all times and you must keep the hand dry in the shower or bath by protecting it with a plastic bag.

After the stitches have been removed, around 14 days after surgery, you will be allowed to remove the splint for careful washing of your hand. At this time you may also use hand cream to keep the skin soft.

Protecting your tendon

You **must not use** the injured finger for anything other than the exercises you have been given.

You **must not** put any force or pressure against your injured finger.

You may **carefully** use the uninjured fingers as instructed by your therapist.

Do not wrap any tight dressings around your finger as this may cause your tendon to break again.

Do the exercises every hour.

Do not remove your splint unless you are instructed to do so by the therapist.

Do not drive your car or ride a bike until instructed.

✘ Do not hang your hand down by your side as this may cause it to swell.

Exercises

It is very important to carry out exercises **every hour** when awake. They will prevent stiff joints and help the tendon move while it heals.

1. Using your good hand bend your injured finger(s) down as far as you can. Repeat this exercise until the finger(s) bend easily. You may push the finger tips to touch the palm without harming the repair. Repeat this exercise for the other fingers.



2. Straighten all the fingers to touch the back of the splint **10 times**.



3. Gently bend all the fingers together from the tips **10 times**.

You **must never** force the fingers to make a full fist. It may take a few weeks to be able to bend the fingers fully.