

INFORMATION FOR PATIENTS

Hand Therapy

Exercises following extensor tendon repair

Tendons are strap like structures that connect a muscle to a bone. They help to create the movement of a joint when the muscle contracts. The extensor tendons help to straighten your fingers.

The tendon/tendons on the back of your hand have been repaired. They are very fragile and need time to heal before you can use the hand normally. There is a risk that the tendon could snap if you use your hand and over stretch the tendon. For this reason, you are wearing a splint to protect the tendon.



Please do not remove the splint under any circumstances. Contact the Hand Therapy department if there is a problem with your splint.

The tendon, however, needs to move a certain amount after surgery to stop it from sticking to other structures, causing long-term finger stiffness. The following exercises are therefore to be followed on the instruction of your therapist.

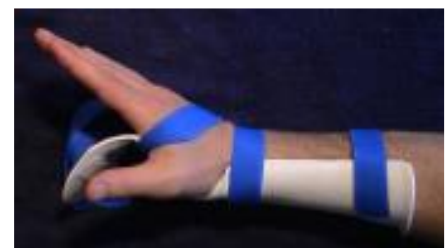
To be repeated _____ times a day:

1. Undo the top strap of your splint to exercise.

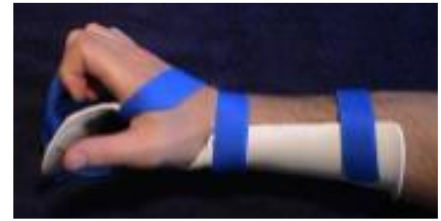


2. Using the unaffected hand gently lift your fingers up from the splint _____ times. Your operated hand should remain relaxed during this exercise.

3. Lift the fingers up from the splint using your own muscles _____ times. Be careful not to move the wrist at the same time.



4. Slide the tips of the fingers along the surface of the splint towards your palm so that the top two joints of the finger bend _____ times.



Replace the top strap at the end of the exercises.

The therapist will advise you as to the progression of your exercises and when to remove your splint to use your hand more, but until advised please do not change your exercises.

Contact details

If you need further guidance, please telephone us on 01623 622515, extension

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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