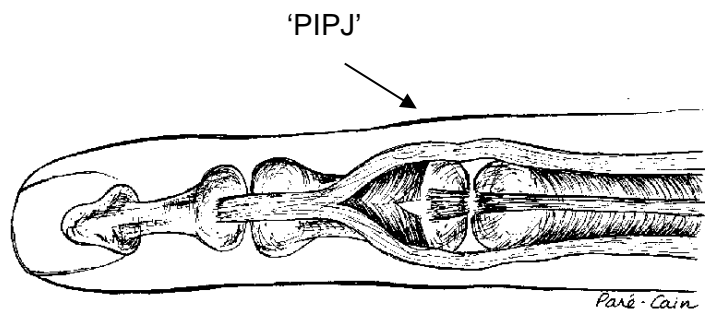


Central Slip Injury/Repair

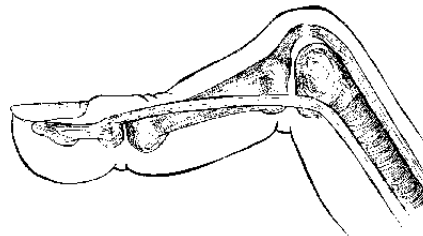
The central slip tendon is the main tendon for straightening the middle joint ('PIP') of the finger. It acts as the link between some of the muscles in your forearm and the middle bone of the finger. When these muscles contract, they pull on the central slip, which then pulls your finger straight.

This injury occurs by either:

- The tendon being cut with a sharp object,
- The tendon breaking, or pulling away with a piece of bone (called an 'avulsion').



Full recovery takes approximately three months, but you will be able to do most things earlier than this. You will need to wear protective splints, and be very careful for the first six weeks. There is a high risk of the tendon pulling apart (or bone pulling away from where it is trying to heal) if you do too much, too soon. Please follow the recommendations of your therapist and doctor.



Wound Care

- If you have a wound, it is important you keep your wound dry and the dressings in place. Your therapist or nurse will advise you on how to look after your wound/scar.
- If you notice a discharge from your wound, have increased pain around the wound or any concerns that your wound may be infected; arrange to see your GP as soon as possible.
- Your therapist will show you how to manage your scar once your wound has healed.

Hygiene

Once the wound is healed, your therapist will show you how to wash your finger. Keep your finger in a protected position while you are washing it. This means resting it palm down on something that holds your finger straight, or holding it straight with your other hand while someone helps you.

Home Exercise Program

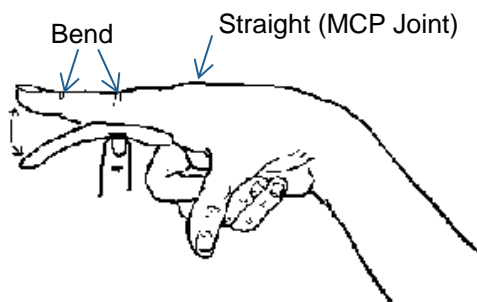
Three splints will be custom made for you, to protect the tendon/bone while it is healing. The resting splint (shown below) is worn at **all** times other than for the exercises, for **six weeks**.



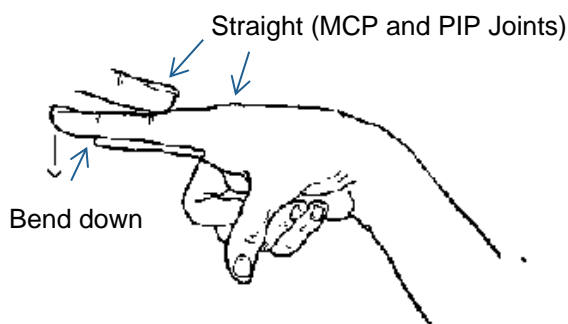
The two exercise splints (pictured below) allow you to do some movements. When swapping between splints, always be careful to support the injured finger.

Do 10 repetitions of each exercise, every 1 -2 hours that you are awake. Do the exercises with your wrist a little bent and the large finger joint straight (MCP), as shown in the picture.

1. 'PIP' exercise splint: hold the splint in place with your uninjured hand. Check your wrist and MCP joint position. Gently and slowly, straighten and bend the finger **10 - 20 times**.



2. Fingertip exercise splint: keep the splint in place by holding it firmly over the PIP joint. Gently and slowly, straighten and bend the fingertip as much as you comfortably can, **10 - 20 times**.



Precautions

Contact your therapist immediately if there is an increase in pain or swelling, the splint rubs your skin or is not fitting properly, or if you can no longer straighten your finger.

This information is intended as a general guide only.

Please contact your therapist if you have any queries or concerns.

Therapist: _____

Phone: (07) 3646 7100