

# Passive Flexor Tendon Protocol

## Week 0 – 3

One or more of the tendons that bend your fingers have been repaired. It will take at least 8 weeks following your surgery for the tendon(s) to heal and 12 weeks until you can return to unlimited activities. You will, therefore, need advice from your therapist and doctor on when to begin specific activities again.

You must follow the advice below, if you don't, you risk breaking the repaired tendon(s).

### Do

- Keep your arm/hand elevated to minimise swelling.
- Lift your arm above your head regularly to maintain shoulder movement.
- Bend and straighten your elbow regularly to maintain movement.
- Gently bend and straighten your thumb regularly to maintain movement.
- Keep your splint on at all times for the next 6 weeks.
- Secure a plastic bag over your splint while showering to keep it dry.
- If your splint breaks or moves so that it is no longer protecting your hand you must contact your Therapist immediately.
- If you suddenly lose the ability to bend any of your fingers (without assistance) you must contact your Therapist or go to the emergency department.

### Do Not

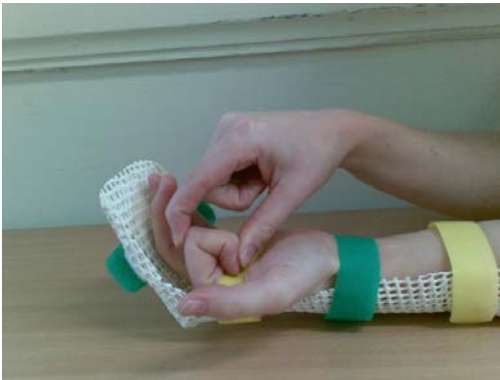
- Do not use your injured hand.
- Do not remove your splint at any times unless asked to do so by your Occupational Therapist.
- Do not push your fingers back towards the splint with the other hand (i.e. no passive straightening).
- Do not try to move your fingers into a fist using your own muscle power (i.e. no active fist).
- Do not perform more than the recommended amount of hand exercises.
- Do not drive/lift or grip

## Exercises Weeks 0 – 3

The following exercises are designed to protect the surgical repair of your tendons, while gradually improving movement and strength of your hand. The exercises are made up of stages and progress in intensity over time. It is important to follow each stage carefully. **Do not perform any exercises other than the ones shown below.**

Remove the top finger strap of your splint for your exercises.

### Every hour:



Relax your fingers and then use your unaffected hand to curl your fingers one at a time into your palm making sure that all 3 joints are bent as far as possible. **Hold for 5-10 seconds.**

Straighten all your fingers so your fingertips just touch the back of the splint.

**Repeat 5 times.**

### 4 times per day:



Use your other hand to bend all fingers together into a full fist. **Hold for 3 seconds.** Then use your own muscle power to straighten your fingers to the back of the splint.

**Repeat 4 times.**

**Caution:** *Do not use your other hand to push your fingers to the back of the splint. Use your muscle power only.*

# Passive Flexor Tendon Protocol

## Weeks 3 – 6

One or more of the tendons that bend your fingers have been repaired. It will take at least 8 weeks following your surgery for the tendon(s) to heal and 12 weeks until you can return to unlimited activities. You will, therefore, need advice from your therapist and doctor on when to begin specific activities again.

You must follow the advice below, if you don't, you risk breaking the repaired tendon(s).

### Do

- Keep your arm/hand elevated to minimise swelling.
- Lift your arm above your head regularly to maintain shoulder movement.
- Bend and straighten your elbow regularly to maintain movement.
- Gently bend and straighten your thumb regularly to maintain movement.
- Keep your splint on at all times for the next 6 weeks.
- Secure a plastic bag over your splint while showering to keep it dry.
- If your splint breaks or moves so that it is no longer protecting your hand you must contact your Therapist immediately.
- If you suddenly lose the ability to bend any of your fingers (without assistance) you must contact your Therapist or go to the emergency department.

### Do Not

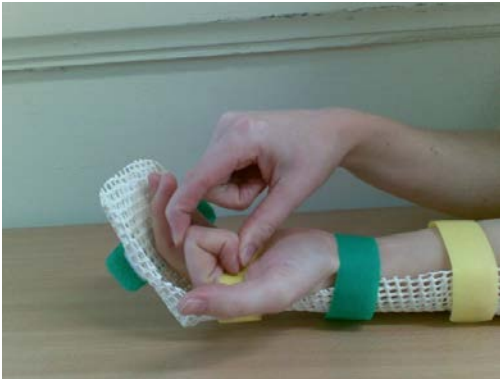
- Do not use your injured hand.
- Do not remove your splint at any times unless asked to do so by your Occupational Therapist.
- Do not push your fingers back towards the splint with the other hand (i.e. no passive straightening).
- Do not try to move your fingers into a fist using your own muscle power (i.e. no active fist).
- Do not perform more than the recommended amount of hand exercises.
- Do not drive/lift or grip

## Exercises Weeks 3 – 6

The following exercises are designed to protect the surgical repair of your tendons, while gradually improving movement and strength of your hand. The exercises are made up of stages and progress in intensity over time. It is important to follow each stage carefully.

Remove the top finger strap of your splint for your exercises.

### Every hour:

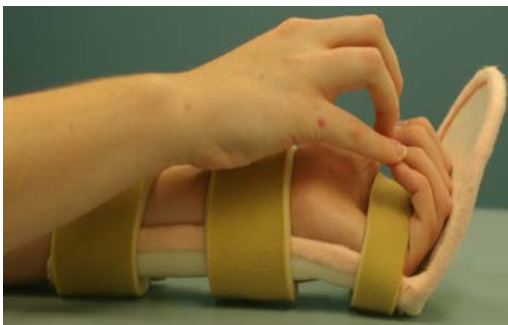


Relax your fingers and then use your unaffected hand to curl your fingers one at a time into your palm making sure that all 3 joints are bent as far as possible. **Hold for 5-10 seconds.**

Straighten all your fingers so your fingertips just touch the back of the splint.

**Repeat 5 times.**

### 4 Times Daily:



#### Exercise 1:

Use your other hand to bend all of your fingers into a fist, then let go and gently hold the position with your own muscle power for **3 seconds**. Straighten all your fingers so your fingertips just touch the back of the splint.

**Complete 4 times.**



#### Exercise 2:

Slowly bend your fingers to make a loose fist without assistance from your other hand. (Do not try to make a gripping fist, and ensure all your finger joints are bending). Straighten all your fingers so your fingertips just touch the back of the splint.

**Complete 4 times.**

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

Therapist: \_\_\_\_\_

Phone: (07) 3646 7100