

Extensor Tendon Repair

Norwich (Week 0 – 6 post operation)

You have recently had surgery on the tendons that assist in straightening your fingers. It will take at least 6 weeks for your tendon(s) to heal and at least 12 weeks until they are strong enough for your return to unlimited activities.

Therefore you will need to wear your splint continuously for the first 6 weeks and refrain from using your injured hand until advised by your hand therapist.

✓DOs

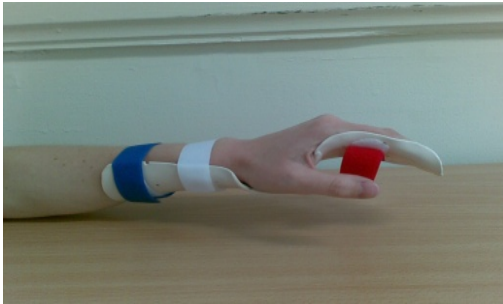
- Complete your exercises 4 times each, 4 times a day.
- Massage your scar with a non-perfumed moisturising cream as instructed by your hand therapist.
- Elevate your arm/hand to minimise swelling.
- Continue to bend and straighten your elbow regularly to maintain range of movement.
- Continue to lift your arm above your head regularly to maintain shoulder movement.
- If your splint breaks or moves so that it is no longer protecting your hand you must contact your hand therapist immediately.

xDON'Ts

- Do not use your injured hand.
- Do not remove your splint at any time as it is here to protect your hand.
- Do not try and straighten your fingers against the straps.
- Do not try and create a full fist at this stage.
- Do not force your fingers forward with your other hand.
- Do not drive/lift or grip

Exercises

- Perform 4 of each exercise below, 4 times each day
- Always perform the movements GENTLY
- DO NOT perform more than the recommended amount, or any other exercise.



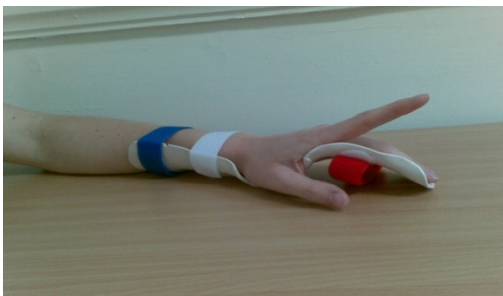
Keep your hand in the splint and remove the hand and finger straps only



Exercise 1

Lift each finger individually off the splint with your non-injured hand. Keep your fingers straight at all times and hold for 10 seconds, and then relax back into your splint

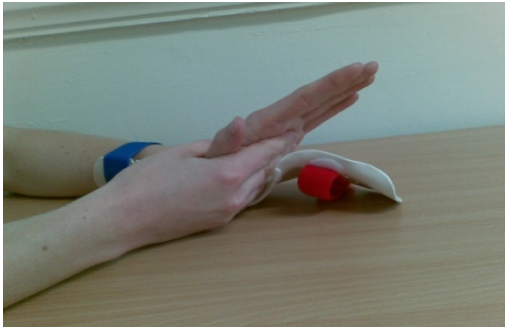
Repeat 4 times on each finger



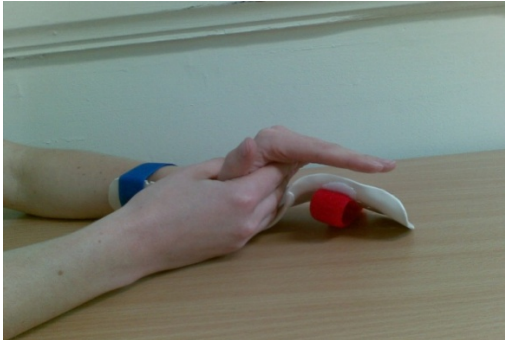
Exercise 2

Actively raise each finger individually off the splint, hold for 5 seconds and relax back into the splint

Repeat this exercise 4 times



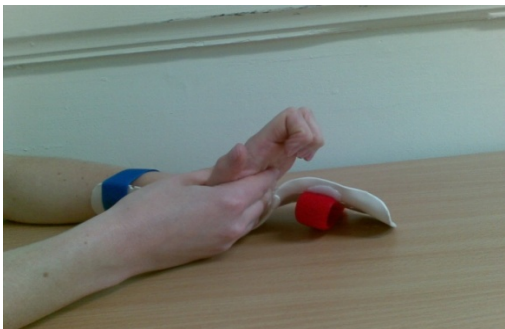
Using your unaffected hand passively bend your wrist backwards slightly and perform the following two exercises;



Exercise 3:

Actively bend at your knuckles whilst keeping your fingers straight, and then straighten your fingers again.

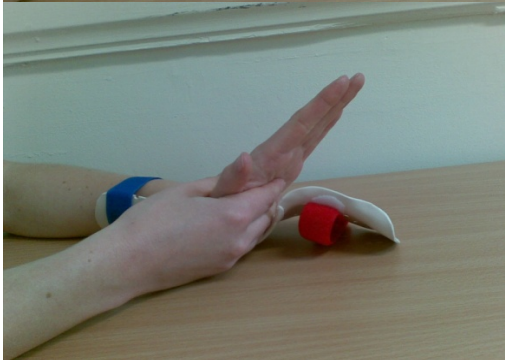
Repeat this 4 times



Exercise 4:

While keeping your knuckles straight actively bend your fingers, and then straighten your fingers again.

Repeat this 4 times



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

Therapist: _____

Phone: (07) 3646 7100