

Hand therapy department

Central slip repairs short arc movement regime – advice on removal of splint

Your tendon(s) are becoming stronger but are still not fully healed. It will take a further two weeks before you can return to unrestricted activities.

This sheet describes some exercises you should do each day to help your tendon(s) to heal. It also tells you what you should and should not do. If you need further information or advice, please do not hesitate to call your hand therapist using the number on the back page.

Exercises



Complete these exercises _____. Repeat each exercise _____ times.

Definitions:

Actively = moving a finger joint by yourself without help from your other/unaffected hand.

Passively = using your other/unaffected hand to move a joint.

1. **Actively** make a 'hook' grip, 'duckbill' (as shown by your hand therapist) and then a full fist. Do not push your fingers down.
2. **Actively** bend the tip of your finger, holding the middle joint straight.
3. **Actively** bend the two end joints of your finger, holding the big knuckle straight.
4. **Actively** straighten the two end joints of your finger, holding the big knuckle fully bent.

Do

- ✓ Keep your arm/hand in the air to minimise swelling.
- ✓ Lift your arm above your head regularly to maintain shoulder movement.
- ✓ Bend and straighten all unaffected joints regularly to maintain movement.
- ✓ Contact your therapist straight away if there are any problems with your splint.
- ✓ Keep your splint on at all times for the next six weeks.

Do not

- ✗ Bend your injured finger with the other hand (**no passive bending**).
- ✗ Use affected hand for heavy activities, or repetitive gripping. Remember ask your hand therapist when you can begin specific activities.
- ✗ Drive until eight weeks after your operation.

If you do not follow this advice, you risk damaging the repaired tendon(s).

Contact us

If you have any questions or concerns about the advice given on removal of your splint, please contact **hand therapy department** on **020 7188 4172** or **020 7188 4174**, Monday to Friday 8am to 5pm.

Useful sources of information

Pharmacy medicines helpline

For information about any medicines that you have been prescribed at Guy's and St Thomas' hospitals, you can speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

e: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Knowledge & Information Centre (KIC)

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

t: 020 7188 3416

Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

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