

# Central slip repairs short arc movement regime – initial appointment

The tendon(s) that straighten the middle joint of your finger have been repaired. It will be twelve weeks before you can return to unlimited activities of your arm and hand. You will need advice on when to begin specific activities again.

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.

With any surgery, there is a small risk that the wound may become infected. Signs to look out for include increased pain and heat and/or redness around the wound. If you are concerned about any of these symptoms, seek advice from your therapist or GP.

## Exercises



Complete these exercises hourly. Repeat each exercise **10** 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. **Remove the end strap of your splint. Actively** bend the tip of your finger, supporting the middle joint of your finger with your other hand.
2. **Remove the two end straps of your splint.** Place the exercise splint you have been given underneath your finger and actively bend your finger only as far as the exercise splint allows.

## 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 your injured finger.
- ✗ Remove your splint, as it is there to protect your hand.
- ✗ Drive until instructed that it is safe to do so by your therapist.

**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](mailto: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

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)