

Hand therapy department

Central slip repairs static splinting regime – advice on removal of splint

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

This leaflet sets out some exercises you should do regularly 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 (contact details at back of leaflet).

Exercises



Complete these exercises _____. Repeat each exercise _____ times.

Definitions:

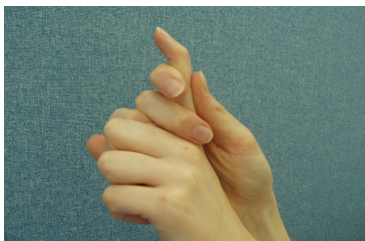
Actively* = moving a finger joint by yourself without help from your other/unaffected hand.

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



1. **Actively*** make a 'hook' grip, or 'duckbill', and then a full fist.

DO NOT push your fingers down with the other hand.



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 straight

Do

- ✓ Following your hand therapist's instructions, start using your hand for light to moderate activities. Please ask your hand therapist for a copy of the unit's **Activity list**.
- ✓ Continue to wear your splint at night for another two weeks.
- ✓ Wash and dry your hand normally, taking care not to passively** bend the affected finger.
- ✓ Massage the scar as instructed by your therapist.
- ✓ Discuss with your hand therapist when you can start specific activities.

Do not

- ✗ Bend your injured finger with the other hand (**no passive** bending**).
- ✗ Use your affected hand for heavy activities, or repetitive gripping. Ask your hand therapist when you can begin specific activities.
- ✗ Drive until your therapist tells you it is safe to do so. It is recommended that you contact your insurance company for clarification of insurance coverage.

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

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

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