

## Hand therapy department

# Central slip repairs static splinting regime – initial appointment

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.

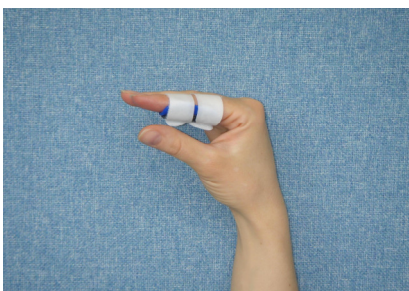
### Definitions:

**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\*** bend the tip of your finger, supporting the middle joint in the splint.



2. **Actively\*** bend the all the big knuckles of your hand together, making a 'duckbill'.

## 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 4 weeks.

## Do not

- ✗ Use your injured finger.
- ✗ Remove your splint, it is there to protect your hand.
- ✗ 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 about your splinting regime, please contact the **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](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 Direct** – Offers health information and advice from specially trained nurses over the phone 24 hours a day.

**t:** 0845 4647 **w:** [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

### 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)

**Leaflet number: 1523/VER3**

Date published: April 2013

Review date: April 2016

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