

## Hand therapy department

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# Extensor tendon repairs, zones 5-8: Initial appointment

One or more of the tendons that straighten your fingers has been repaired. It will be ten 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 fingers 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 ask your hand therapist.

### 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.

- **Passively** lift all your fingers up from the splint.
- **Actively** lift all your fingers up from the splint
- **Passively** lift your whole hand up from the splint at the wrist. Support your knuckles and actively curl the tops of your fingers, making a 'hook' grip.
- **Passively** lift your whole hand up from the splint and bend the knuckles whilst keeping the finger joints straight, making a 'duckbill'.
- **Actively** bend and straighten your thumb.

### 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 your elbow regularly to maintain movement.
- ✓ Keep your splint on at all times for the next four weeks.
- ✓ Call your hand therapist straight away if your splint moves so that it is no longer protecting your hand.
- ✓ Call your hand therapist straight away if you are suddenly unable to actively straighten any of your fingers.

## Do not

- ✗ Use the fingers of your injured hand.
- ✗ Remove your splint. It is there to protect your hand.
- ✗ Push your fingers down with your other hand (no passive bending).
- ✗ Drive until instructed that it is safe to do so by your hand therapist.

**Note: It is important to follow these instructions or you risk damaging the repaired tendon(s).**

## Contact us

If you have any questions or concerns, 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)

### Become a member of your local hospitals, and help shape our future

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years.

To join, please call 0848 143 4017, email [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) or visit [www.guysandstthomas.nhs.uk](http://www.guysandstthomas.nhs.uk)

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