

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 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 contact 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.

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 to ask your hand therapist when you can begin specific activities.
- ✗ Drive until eight weeks after your operation. You should check with your insurance company to make sure you are covered to start driving again.

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

Contact us

If you have any questions or concerns, please contact the Hand therapy department.

t: 020 7188 4172 or 020 7188 4174, Monday to Friday, 8am to 5pm

e: handtherapyappointments@gstt.nhs.uk

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline. **t:** 020 7188 8748, Monday to Friday, 9am to 5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. **t:** 111

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** www.nhs.uk

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

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