

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 contact 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 your therapist tells you it is safe to do so. 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

Leaflet number: 1519/VER4

Date published: November 2018

Review date: November 2021

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A list of sources is available on request