

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 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, 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. 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

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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: 1521/VER3

Date published: November 2018

Review date: November 2021

© 2018 Guy's and St Thomas' NHS Foundation Trust

A list of sources is available on request