Extensor tendon repairs, zones 5 to 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 contact your hand therapist.

Exercises

Complete these exercises _______________. Repeat each exercise ______ times.

1. **Passively** lift all your fingers up from the splint.
2. **Actively** lift all your fingers up from the splint
3. **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.
4. **Passively** lift your whole hand up from the splint and bend the knuckles whilst keeping the finger joints straight, making a ‘duckbill’.
5. **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 no longer protecting your hand.
- Call your hand therapist straight away if you are suddenly unable to actively straighten any of your fingers.

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.
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 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.

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.
**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](http://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

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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](http://www.guysandstthomas.nhs.uk/leaflets), or [e: patientinformationteam@gstt.nhs.uk](mailto:patientinformationteam@gstt.nhs.uk)