

Aftercare following flexor tendon repair to your fingers (Manchester short splint)

Hands Burns and Plastics Therapy

Information for Patients

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Introduction

- Tendons are cords of tissue. They attach muscles to the bones. They all work together to make your fingers move.
- There are 2 types of tendon in your hand:
 1. Extensor tendons run along the top of the hand. They help to straighten fingers.
 2. Flexor tendons run across your wrist into the palm of the hand. They make the fingers bend.
- You have had an injury to the flexor tendons to your finger/s. The surgical team have repaired them. They made a cut in your hand. They found the ends of the tendon and then stitched them back together.
- It takes at least 12 weeks after the tendon is repaired for it to regain full strength.
- Tendons need a lot of therapy. The repair will be very weak at first. You must not put too much stress, too early, through the repair. It will cause it to break and fail. We will make a splint for you. It will protect the tendon repair. You must wear it all of the time for the first 4 weeks. Please do not use your injured hand for day to day tasks.

Your splint

The splint is made out of a special material. It gets soft when hot. Do not expose it to any form of heat, for example, radiators and cookers.

Splint: To be worn at all times.



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Exercises:

Do these every waking hour with the splint on. If you miss an exercise session **do not** double up on the next set of exercises.

Undo the finger strap:



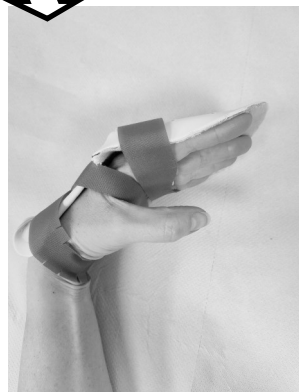
1. Using your good hand, push the fingertip down into the palm. Hold for 5 to 10 seconds.
2. Let it straighten on its own.
3. Repeat this 10 times on all fingers.



1. Gently and slowly curl your fingers towards the palm, using the repaired tendon.
2. Do not overstrain when doing this exercise (no more than 50% of normal effort).
3. You should not expect a full fist in the first 2 weeks.
4. Repeat this 10 times.



1. We will give you a wooden or plastic stick. Hold the bottom knuckles down. Then straighten your fingers up to touch the stick.
2. Do this slowly and **controlled**.
3. Repeat this 10 times on each finger.



1. With all straps in place take your wrist backwards and hook fingers gently over the top strap.
2. Bend your wrist forwards.
3. Straighten your fingers to the top of the splint.
4. Repeat this 10 times.

You must not:

- Do not do any heavy lifting or forceful gripping until at least 12 weeks after your operation.
- Do not drive or ride a bike for at least 8 weeks.

We will give you advice if you are working.

Swelling:

- You may have some swelling in your hand after your operation. This is quite normal but we do not want it to stay in the hand. To reduce this it is important to raise (elevate) your hand above your heart level. Rest your hand across your chest/shoulder or use pillows when you are sitting or lying.
- Use a sling when walking around for the first 3 weeks after the operation. Do not walk around with your hand hanging down.

Complications

If your wound becomes hot, red, very painful or leaks fluid it could be infected. Please call your surgical doctors, nursing team or GP.

If you notice that you cannot move your finger(s) in the way you have been or if you have felt a 'snapping', your tendon repair could have broken. If this happens you should contact the surgical team at the hospital as soon as possible. If you are not able to contact the surgical team, contact your therapist or go to the Emergency Department.

Your tendons may become stuck to the tissues around them. This may mean you have less movement in the finger(s). Your therapist will advise you about this.

Damage can happen to the nerves in your finger(s) either at the time of your injury or during the surgery to repair your tendon. If this happens it will affect the feeling in your finger(s). This may get better slowly or you may always have less feeling. Your therapists will talk to you about this.

Contact details

Name of therapist: _____

Phone: _____

Space for any notes:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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