

# Aftercare for extensor tendon repair to your finger (relative motion extension splint)

Hands, Burns & Plastics Therapy

Information for Patients

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## Introduction

Tendons are tough cords of tissue that attach muscles to the bones. They work to make the fingers move.

You have cut the tendon(s) in your hand which straightens the finger. This has been repaired by the surgeon. We now need to help you get the best out of the surgery.

This will involve wearing a splint and doing exercises.

## Your splint - the relative motion extension splint (RMES)

The splint will protect your tendon repair by stopping you from bending your finger(s) too far which will place strain on the repair.

Your splint will be shaped in a position to allow you to do exercises within it.

**Do not remove** your splint and bend your finger(s) more than allowed. If you do, your tendon repair could break. If this happens you will need to have another operation to repair it.

Some patients may need to wear a wrist support as well.



Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice

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## Exercises

The following exercises should be completed 4 times every day:

### Exercise 1:

Using your other hand, lift the injured finger(s) off the splint as far as is comfortable.

Hold for a count of 3. Repeat 4 times.



### Exercise 2:

Bend the end joints into a hook position. Bend all 4 fingers together.

Now straighten the fingers back up to fully straight.

Repeat 4 times.



### Exercise 3:











Very gently bend your fingers to start to make a full fist.

When you feel a stretch, hold for a count of 3, then straighten.

Repeat 4 times.



## General advice

Do 	Do not 
 Only use your hand for light tasks such as getting dressed, reading a newspaper, using a phone etc.	 Do not remove your splint.
 Keep your hand above your heart as much as possible, to reduce swelling.	 Do not lift anything heavier than a mug of tea.
 Keep any wounds or stitches dry.	 Do not use your hand for any heavy tasks where you need to make a tight grip.
	 Do not drive until 8 weeks after your surgery.
	 Do not push your fingers bent.

## Contact details

If you have any increase in pain, redness or temperature of the finger, please contact your GP surgery.

If you experience a sudden loss of movement of the finger, please contact your therapist or your surgical team at the Leicester Royal Infirmary:

Your therapist ..... Tel: .....

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