

After repair of a cut tendon on the back of the hand or finger (extensor tendon)

After hand surgery



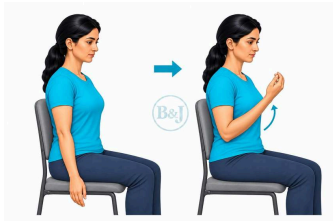
Count the weeks from the day of your operation. The date is on your discharge card.

If your doctor wrote a different plan on your prescription, follow that instead of this page.

While in the splint

Wear the splint day and night for as long as we have written on your prescription, usually 4–6 weeks. If you change or clean it, keep the finger straight on a table the whole time: bending it even once can undo the repair. Keep moving the elbow, the shoulder and the fingers the splint leaves free.

Arm use Light use of the free fingers only. No gripping, lifting or pushing with this hand.



Elbow bend and straighten

Sit with the arm by your side. Bend the elbow slowly as far as it goes, bringing the hand up, then straighten it fully.

10 times

3 times a day

✓ Should feel

A gentle stretch at the front or back of the elbow

✗ Should not feel

Sharp pain

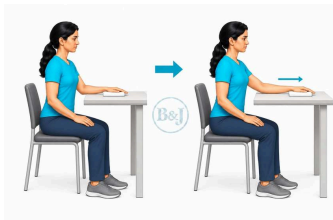


Table slide

Sit at a table, slide the hand forward, letting the body follow.

10 times

3 times a day

✓ Should feel

A stretch at the end of the range

✗ Should not feel

Pinching at the top

Not yet Taking the splint off without support, bending the splinted finger or wrist, or getting the splint wet.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

First 4 weeks after the splint comes off

Start bending gently. The finger will feel stiff; bend it a little further each week. Do not force a full fist yet.

Arm use Light use: eating, writing, dressing.



Warm water soak

Rest both hands in a bowl of warm water. Open and close a loose fist slowly while they are in the water.

5 minutes

Before the exercises

✓ **Should feel**

The hands loosening as they warm

✗ **Should not feel**

Water hot enough to sting or
redden the skin



Tendon glides

Move the fingers through straight, hook, full fist and back to straight.

10 times

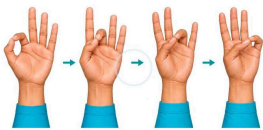
3 times a day

✓ **Should feel**

The tendons moving freely

✗ **Should not feel**

Catching



Finger to thumb touches

Touch each fingertip to the thumb in turn.

10 rounds

3 times a day

✓ **Should feel**

Smooth control

✗ **Should not feel**

Locking

Not yet Forcing a fist, hard gripping, or lifting.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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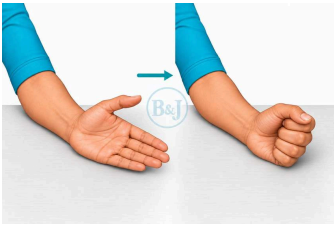
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4 to 8 weeks after the splint comes off

Build a full fist and grip strength. Carry on with the earlier exercises.

Arm use Normal light use. Heavier tasks a little at a time.



Composite fist

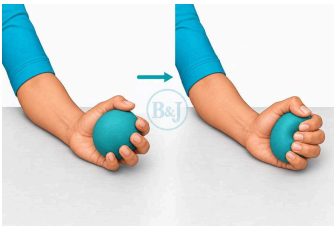
Make a full fist slowly, then open fully.

10 times

3 times a day

✓ **Should feel**
Full movement

✗ **Should not feel**
Catching that hurts



Grip squeeze

Squeeze a soft ball gently.

10 times

2 times a day

✓ **Should feel**
The hand working

✗ **Should not feel**
Pain

Not yet Heavy lifting or sport until we clear you.

Stop and telephone us if

- The finger or wrist suddenly droops and you cannot straighten it: the repair may have come apart — come the same day
- Pain that keeps getting worse despite the painkillers
- The fingers become numb, cold, pale or blue
- Wound redness, discharge or fever
- The splint feels too tight, rubs, or has broken



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