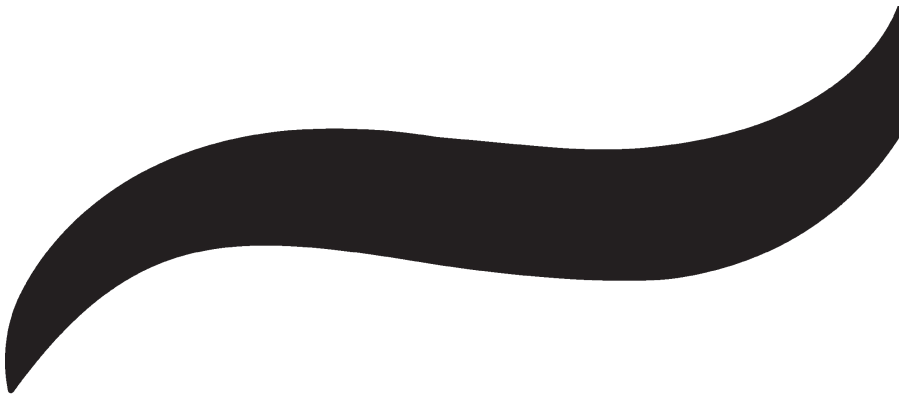




# Extensor Tendon Injuries

Information for patients  
Hand Therapy



## YOUR INJURY

You have injured the extensor tendons, which straighten your fingers. These have been repaired by your surgeon and you now must work with your Hand Therapist to rehabilitate these tendons.

The repaired tendons are very delicate and need to be protected from being stretched. You may have been put in plaster following surgery and this will be changed to a lighter splint made by your therapist.

It is important that your splint is **NOT REMOVED** unless advised by your therapist.

During the early stage, the first **SIX** weeks, your splint will be worn and you will be guided in a controlled active exercise regime to encourage mobility of your repaired tendons. You must not use your hand, for anything else other than **YOUR SPECIFIC EXERCISES**.

## REHABILITATION FOR YOUR HAND

**This will involve:**

- ❖ Wearing your splint to protect the repaired area(s).
- ❖ A controlled exercise regime supervised by your Hand Therapist.
- ❖ Scar massage with moisturising cream once your stitches are removed approximately ten to fourteen days post-operation.

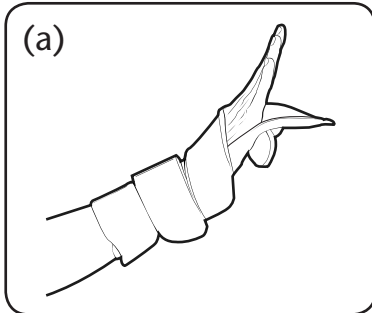
You will be required to attend the Hand Therapy department regularly. Please inform the department if you are unable to attend your appointment or if you have any concerns about your hand.

## EXERCISES FOR YOUR FINGERS (1 - 4 WEEKS)

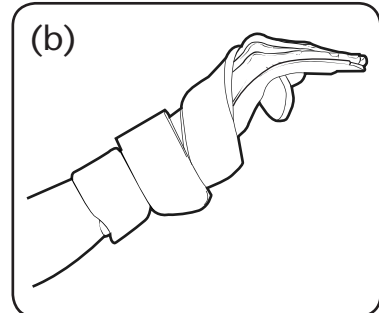
1. Keeping your fingers straight on the splint -

(a) lift them from the splint

(b) lower them back to the splint



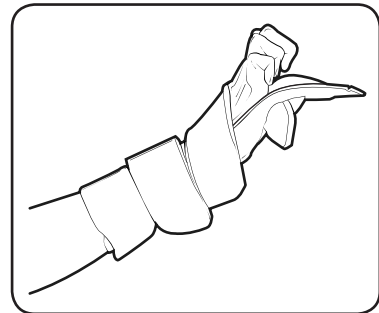
Repeat 10 times every hour.



Repeat 10 times every hour.

2. Lift all fingers from the splint bending the finger tip and middle knuckles only, then stretch them straight again.

Repeat 10 times every hour.



3. Bend and stretch your thumb across your palm.

4. Stretch your arm above your head, straightening your elbow. This will prevent your arm and shoulder becoming stiff.

**If you have any questions then  
please call your hand therapist on:  
University Hospital Monklands: 01698 752088  
University Hospital Hairmyres: 01355 585429**

Should you feel a snapping sensation combined with a decrease in movement then please contact the Hand Therapy Department immediately using the relevant number of the department you are attending. If a rupture occurs it is more difficult to re-repair the second time round, therefore we need to act immediately.

If your wound becomes smelly, red or suddenly very painful, contact the Orthopaedic Unit or your GP to rule out a wound infection. In an emergency then please go to the Accident & Emergency department.



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