



REHABILITATION

Finger Extensors Zone III and IV (Central Slip injuries) No surgery

One of the tendons that straighten your finger has been injured.

It will take at least 6 weeks for your tendon to heal and at least 12 weeks until it is strong enough for you to return to unlimited activities.

Progress from this injury varies from person to person and you must be guided by your therapist. These pages provide a guide for an average rehabilitation regime.

Week 0 - 3 after injury

You will have a gutter splint (see picture) made to fit you by your hand therapist.

This protects the healing tendon of your finger. Pay close attention to how the splint is applied, attention to detail makes all the difference to the final results.

You need to wear this continuously for the first three weeks after your injury.

Once a day you will need to remove the splint to allow the skin to dry out. This must be done very carefully or you will undo all your hard work. Your therapist will show you how to do this.



The Gutter Splint (Splint 1)

Week 3 - 9 after injury

You will continue to wear the gutter splint all the time that you are not using your exercise splints. In addition you will start regular exercises using two more specially made splints:

Exercising the end joint of the finger

Carefully remove splint 1 and place splint 2 on the front of your injured finger, as shown. Be sure you place the splint so that you can see the skin crease of the end joint.

Now hold down the middle joint with your uninjured hand while actively trying to bend the top joint of the injured finger. Then straighten the end joint.



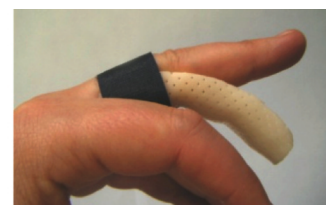
Splint 2

Exercising both finger joints

Carefully remove splint 2, Place splint 3 on the front of the injured finger, at its base, as shown. Secure the strap and hold the splint, the strap and the base of the finger with your other hand (not shown in the pictures here). Carefully bend the injured finger to the angle of the splint, aiming to lightly touch the splint with your finger tip. Then straighten the finger, as shown.

This splint will be altered by your therapist between weeks 3 and 9 to allow more movement of the finger as time goes on.

Splint 3





REHABILITATION

Exercising the base joint of the finger

Carefully remove splint 3 and put splint 1 back on. Now aim to keep your fingers straight yet bend at the base so as to make a 'table top', as shown.



Complete each of these exercises 20 times each hour

Week 10 - 12 after injury

Your tendon has now healed enough to cope with normal daily activities but your hand will feel weak.

During these three weeks of your rehabilitation you will continue to work on regaining a full range of motion, if you have not achieved this yet. You will also start on gradually strengthening your hand and tendon.

Most people can return to unlimited activities at the end of this three weeks.

During this stage individual variations in progress may become more apparent and your hand therapist will tailor your exercise regime to your specific requirements.

DO'S

- Be patient, the effort you put into your rehabilitation is significantly related to the end result obtained from your healing tendon.
- Do keep your arm/hand elevated to minimise swelling, particularly soon after your injury
- Do wear your splints as prescribed
- Do follow the therapist recommendations
- Do keep all your uninjured joints moving, including your shoulder and elbow

DON'TS

- Don't leave your hand out of the splints
- Don't try to push hard against the splints when completing exercises
- Don't use your injured hand to grip objects
- Don't drive until you have discussed this with your therapist