



REHABILITATION

Finger Extensors Zone V to VIII (Norwich regime) Weeks 0-4

One or more 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.

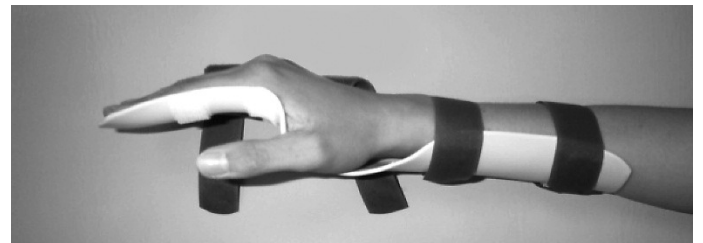
You will have a removable splint made to fit you by your hand therapist when you first see them in clinic. This replaces the plaster splint applied in theatre.

This splint 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.

Your tendon repair requires splinting ALL the time for the first 4 weeks after your surgery.

Every hour you should practice the exercises outlined here.

Keep your hand in the splint and remove the hand and finger straps only.



Lift each finger, one at a time, off the splint with your other hand, as shown.

Keep the finger of the injured hand straight at all times.

Hold each finger up for 20 seconds and then place it back on the splint.

Repeat 4 times on each finger



Now lift each finger, one at a time, off the splint by itself.

Keep the finger straight at all times.

Hold each finger up for 5 seconds and then relax it back onto the splint.

Repeat 4 times on each finger





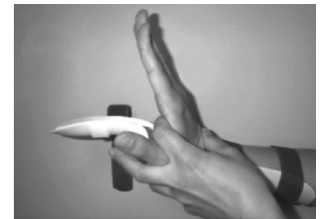
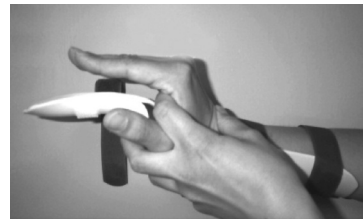
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Use your other hand to bend your wrist backwards slightly, away from the splint, as shown. From this position perform the following two exercises:



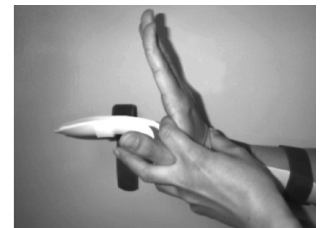
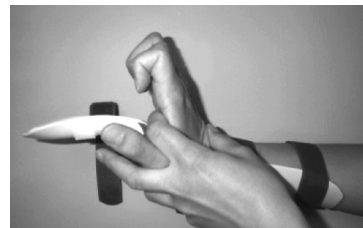
Bend your knuckles whilst keeping your fingers straight and then lift your fingers up again, as shown

Repeat this 4 times



Keep your knuckles up straight but bend your fingers down, as shown. Then straighten your fingers again.

Repeat this 4 times



DO'S

- 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
- Do massage your scar (once healed) with moisturiser as demonstrated by your therapist
- Do contact your therapist immediately if your splint or straps break for it to be mended

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 try to make a full fist
- Don't use your injured hand to grip objects
- Don't drive until you have discussed this with your therapist