



REHABILITATION

Finger Flexor tendon repair (Early Active Belfast Regime) Weeks 0-4

One or more of the tendons that bend 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.

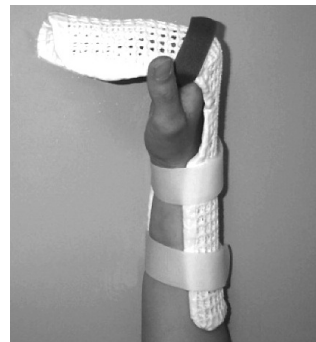
Your tendon repair requires splinting ALL the time for the first 4 weeks after your surgery.

Every hour during the day you should practice the exercises outlined below:

Straighten all your fingers so the back of your finger tips just touch your splint then relax.

Do not use the other hand to push the fingers back up to the splint, let the injured fingers do the work.

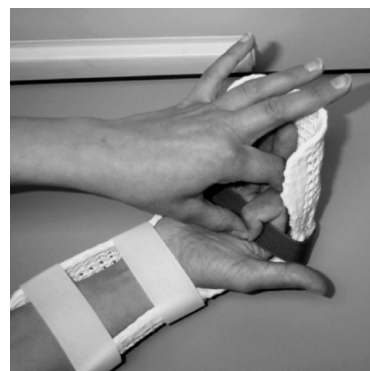
Repeat 5 times



Use your uninjured hand to bend each of the fingers of the injured hand towards your palm, as shown.

Make sure all three finger joints in each finger bend as far as possible, then relax.

Repeat 5 times for each finger





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Gently bend your fingers towards your palm as shown.

Do not try to grip tightly into a fist but **do** make sure all three finger joints in each finger are bending.

Repeat 5 times



Bend the thumb of the injured hand towards the base of your little finger as far as possible then stretch it out away from the hand again.

Repeat 5 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
- Do contact your therapist immediately if you are suddenly unable to bend your repaired finger(s)

DON'TS

- Don't take your hand out of the splint
- Don't try to push hard against the splints with your uninjured hand
- Don't try to make a tight fist
- Don't use your injured hand to grip objects
- Don't drive