



REHABILITATION

Finger Flexors (Early Active Belfast Regime)

Weeks 0-4

One or more of the tendons that bend your finger has been injured.

It will take 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 to 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.

Repeat the exercises shown in these pictures every 2 hours during the day.

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

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

Repeat 10 times



Use your uninjured hand to bend each of the fingers of the injured hand into a hook grip, as shown.

Make sure the top two joints in each finger bend as far as possible, then relax.

Repeat 10 times



Actively bend your fingers towards your palm as shown.

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

Repeat 10 times





REHABILITATION

Actively bend your fingers into a hook grip as shown.

Do not try to grip tightly but **do** make sure the top two joints in each finger are bending.

Repeat 10 times



Actively bend your fingers into a flat fist, as shown.

Do not try to grip tightly but **do** make sure the bottom two joints in each finger are bending.

Repeat 10 times



Carefully block the back of your fingers and straighten the middle joints, but keep the big knuckles of your hand bent, 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 10 times



Release the wrist strap and bend your wrist forward and then back to the splint, as shown.

Repeat 10 times



DO'S

- Do keep your arm/hand elevated to minimise swelling
- 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 until instructed to do so by your therapist
- Don't use your injured hand to grip objects
- Don't drive