



REHABILITATION

Finger Flexors (Early Active Belfast Regime)

Weeks 4-6

It is now 4 weeks since your operation.

Your tendon is repairing and becoming stronger but still requires protection to avoid the weak healing tissue tearing apart again.

You may now begin to remove your splint for periods of exercise and light activities during the day. Light activities include turning pages, eating, folding light laundry, tying a shoe, buttoning and typing.

Ask your Hand Therapist when you may begin specific activities if you are in doubt to avoid over doing it and undoing all your hard work.

Continue to wear the splint at night.

Remember the effort you put into your rehabilitation is significantly related to the end result obtained from your repaired tendon.

Repeat the exercises below every 2 hours during the day, having carefully removed your splint.

Place your hand on the table with your palm facing upwards. Straighten out the fingers of your injured hand so that the backs of your finger tips just touch the table, then relax.

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

Repeat 10 times

Bend your fingers so your finger tips just touch your palm, making sure you bend all the joints.

Do not try to make a tight, gripping fist.

Repeat 10 times

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

Remove your uninjured hand and try and keep your injured fingers tight in the palm for 5 seconds.

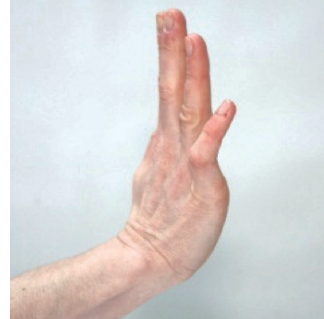
Repeat 10 times





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Bend and straighten your wrist over the edge of a table. Keep your fingers soft whilst you do this. Do not use your other hand to push the wrist up.



Bend the thumb of your injured hand towards the base of your little finger and then straighten it out. Do not use the other hand to increase this movement.

Repeat 5 times



DO'S

- Do continue to wear your splint at night and when going out in crowded places e.g. on public transport, in the pub etc. This is necessary in order to continue to protect the repaired tendon in your hand.
- Do only use your hand for light activities, as instructed by your Hand Therapist
- Do be very careful when you wash and dry your hand, as instructed by your Hand Therapist.
- Do keep all your uninjured joints moving, including your shoulder and elbow.
- Do massage your scar with moisturiser as demonstrated by your therapist
- Do contact your therapist immediately if your splint or straps break for it to be mended or if you suddenly can't bend your repaired finger.

DON'TS

- Don't force your fingers out straight
- Don't force your wrist to bend backwards
- Don't grip any object tightly
- Don't drive