



REHABILITATION

Wrist Flexors

Flexor Carpi Ulnaris and Flexor Carpi Radialis

You have injured the tendon(s) on the front of your wrist. These have been repaired but it will take at least 12 weeks until they are 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.

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

Week 0 to 4 after surgery

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(s).



Every 2 hours during the day you should practice these exercises:

Remove the splint and bend the wrist down as shown below.

Bend the wrist up until it is straight, as shown, and hold for 10 seconds.

Bend the wrist down with your uninjured hand. Remove your uninjured hand and hold the injured wrist down for 10 seconds.

Do not bring your wrist backwards.

Repeat 10 times





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Week 4 – 8 after surgery

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.

Continue to wear the splint at night and if you are out in a busy environment eg the pub.

Every hour during the day run the wrist through a full set of movements up and down.

You can stretch the wrist downwards with your uninjured hand (as shown) but don't force the wrist up the other way as this may still tear the healing tendon.



Week 6 - 12 after surgery

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

During this last six 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 four weeks.

• **DO NOT DO ANY CONTACT SPORTS (eg rugby) OR HEAVY LIFTING** until the end of this period of time, ie until 12 weeks after your surgery.

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, elbow, the fingers of your injured hand and the thumb.
- 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 splint in the first 4 weeks
- Don't force the wrist upwards
- Don't drive until you have discussed this with your therapist