



REHABILITATION

Extensor Tendon Repair Zone III and IV

*(Central slip injuries,
following surgical repair)*

*One 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.

Week 0 – 4 after surgery

You will have three splints made for you when you see the hand therapists:

Splint 1 - Gutter Splint

A hand therapist will make you a gutter splint. This 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.

*You need to wear this all
the time you are not
using your exercise
splints for the first three
weeks after surgery.*



Splint 1

Splint 2 - First exercise splint

Carefully remove splint 1 and place splint 2 on the front of your injured finger, as shown. Be sure you place the splint so that you can see the skin crease of the end joint.

Now hold down the middle joint with your uninjured hand while actively trying to bend the top joint of the injured finger. Then straighten the end joint.

*Repeat 10 times every 2 hours.
Bend, hold and straighten*



Splint 2

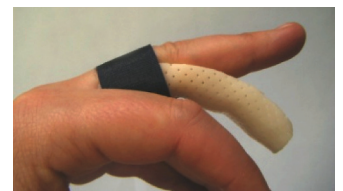
Splint 3 - Second exercise splint

Carefully remove splint 2, Place splint 3 on the front of the injured finger, at its base, as shown. Secure the strap and hold the splint, the strap and the base of the finger with your other hand (not shown in the pictures below).

Carefully bend the injured finger to the angle of the splint, aiming to lightly touch the splint with your finger tip. Then straighten the finger, as shown.

*Repeat 10 times every 2 hours.
Bend, hold and straighten*

*The bend of your exercise splint
(Splint 3) will steadily be
increased by your therapist.*



Splint 3



REHABILITATION

Exercising the base joint of the finger

Carefully remove splint 3 and put splint 1 back on. Now aim to keep the middle joints of your fingers straight but bend at the base to make a 'table top', as shown.

Repeat 10 times every 2 hours. Bend, hold and straighten

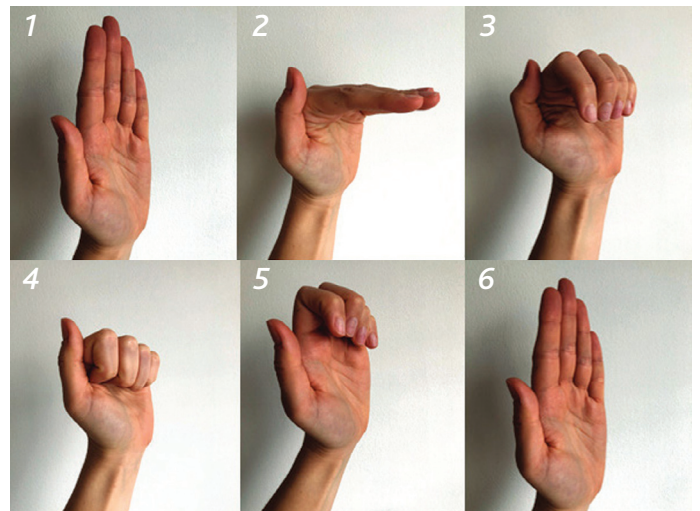


Week 4 – 6 after surgery

(moving onto the next stage will be assessed by your therapist).

Continue to use Splint 1 when you are not doing your exercises, as before.

Carefully remove splint 1 and complete the following exercises. Run smoothly through the sequence of exercises below. These glide your tendons and help them to run more normally again.



Week 6 – 12 after injury

Your tendon has now healed enough to cope with light activities, but your hand will feel weak.

During this stage 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.

DO'S

- Be patient, the effort you put into your rehabilitation is significantly related to the end result obtained from your repaired tendon
- 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

DON'TS

- Don't leave your splint off in the first 5 weeks of your injury.
- Don't try to push hard against the splints when completing exercises
- Don't use your injured finger to grip objects
- Don't drive until you have discussed this with your therapist