



REHABILITATION

# Flexor Tendon Repair Zone I to V

(Manchester short 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 applied in theatre.

This splint protects the healing tendon to your finger. Pay close attention to how the splint is applied and the exercises advised. Attention to detail makes all the difference to the final results.

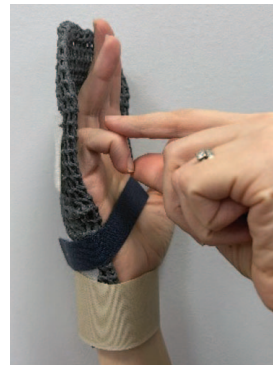
*Your tendon repair requires splinting ALL the time for the first 4 weeks after your surgery.*

*Safe, gentle use of the uninjured fingers is allowed for light function. Please be guided by your hand therapist on what is defined as safe use.*

*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 into a hook grip, as shown. Make sure the top two joints in each finger bend as far as possible, hold for 10 seconds, then relax.

*Repeat 10 times*



Use your uninjured hand to place a finger above the big knuckle joint of your injured finger. Gently bend your big knuckle. Allow the top two joints of your injured finger to relax, then gently straighten your finger against the resistance of your uninjured finger, while keeping the big knuckle bent. Relax and start again.

*Repeat 10 times*



With the wrist comfortably secured in the splint, gently bend all the fingers together to scratch the index finger of your uninjured hand as shown, then relax.

*Repeat 10 times*

Remember to start the movement from the top joint first. Never force the fingers to make a full fist.

*Repeat 10 times*



*Aim to scratch your index finger in weeks 0 – 1*

*Aim to scratch your middle finger in weeks 2 – 3*

*Aim to scratch your ring finger in weeks 3 – 4*



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With your hand still secured in the splint, gently move your wrist forwards and backwards. Your fingers will naturally curl as you bring your wrist back and will naturally straighten as you bring your wrist forwards.

*Repeat 10 times*



### DO'S

- Do keep your arm/hand elevated to minimise swelling
- Do wear the splint full time
- Do use your uninjured fingers for light activities only
- Do follow the therapist's recommendations
- Do keep all your uninjured joints moving, including your shoulder and elbow
- Do contact your hand therapist immediately if your splint or straps break so they can mend it
- Do contact your therapist immediately if you are suddenly unable to bend your repaired finger

### DON'TS

- Don't drive
- Don't use your injured finger(s) during weeks 0-3
- Don't use your injured hand to grip items too tightly