



REHABILITATION

# Flexor Tendon Repair Zone I to V

Weeks 0-4

(Relative Motion Flexion Regime)

*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. They will also give you a wrist splint. You will wear both splints all of the time for the next 4 weeks. This replaces the plaster applied in theatre.

The splints protect 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.*



*Remove the wrist splint when doing your exercises. Put the wrist splint back on when you have finished*

*You must keep the finger splint on at all times*

*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 fist, as shown.

Make sure each joint bends as far as possible, hold for 10 seconds, 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**





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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*



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