



REHABILITATION

Flexor Tendon Repair Zone I to V

Weeks 6-8

*It is now 6 weeks since
your operation.*

Your tendon has now healed enough to cope with normal daily activities but your 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 return to unlimited activities at the end of this six weeks. Remember, be patient, the effort you put into your rehabilitation is significantly related to the end result obtained from your repaired tendon.

During this stage individual variations in progress may become more apparent and your hand therapist will tailor your exercise regime and rehabilitation to your specific requirements.

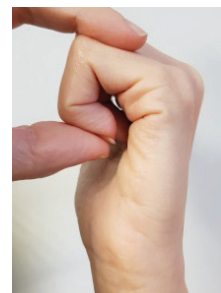
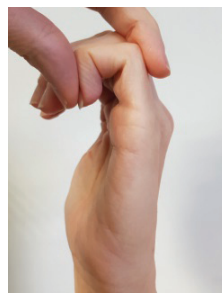
*It is vital therefore that
you pay close attention
to the information given
to you by the therapist
regarding:*

- Splints (you might not need any now)
- Exercises
- Stretches
- Strengthening work
- Re-introduction of specific activities, including work and driving

*Repeat the exercises
shown in these pictures
every 2 hours during the
day.*

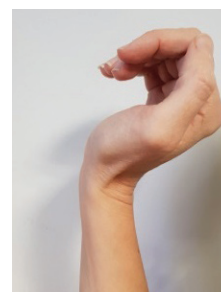
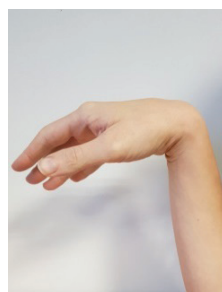
Use your uninjured hand to bend each of the fingers of the injured hand into a hook grip and fist, as shown. Hold for 10 seconds, then relax.

Repeat 10 times



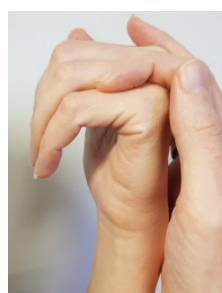
Gently bend your wrist forwards while allowing your fingers to gently straighten at the same time. Bend your wrist back while allowing your fingers to naturally form a gentle fist.

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

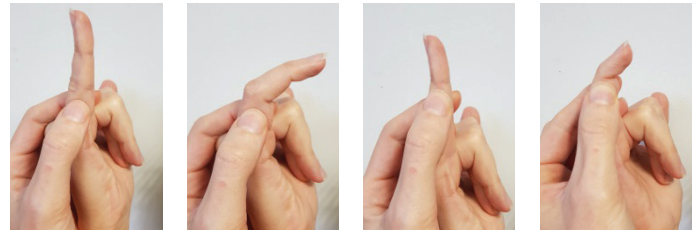




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Use your uninjured hand to hold the sides of the injured finger, right beneath the joint you would like bend. Gently bend one joint at a time.

Repeat 10 times

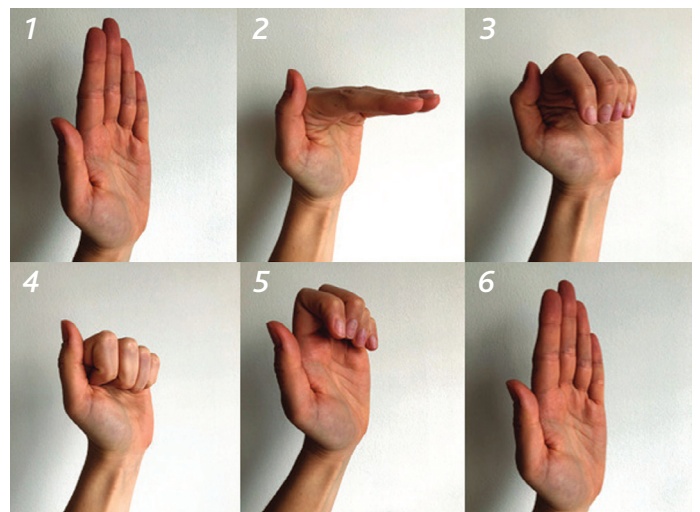


Tendon Gliding

Complete as a sequence, as numbered.

1. Straighten your fingers
2. Bend the big knuckles of your fingers whilst keeping the little joints straight.
3. Make a flat fist
4. Make a full fist
5. Make a hook grip with your fingers
6. Straighten your fingers.

Repeat 10 times



You can use everyday objects to practice bending / scratching your top two joints.



DO'S

- Use your hand for light activities.
- Do contact your therapist immediately if you are suddenly unable to bend your repaired finger.
- Do stop wearing your splint
- Do continue with your scar massage

DON'TS

- Don't drive
- Don't force your fingers or wrist straight or backwards with your other hand unless advised by your hand therapist
- Don't grip objects too tightly