



REHABILITATION

Flexor Tendon Repair Zone I to V

Weeks 8-12

*It is now 8 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 four 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.

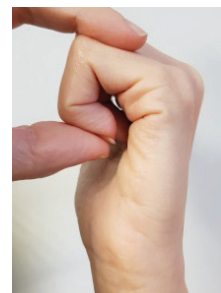
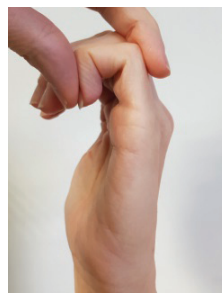
It is vital therefore that you pay close attention to the information given to you by the therapist regarding:

- 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.

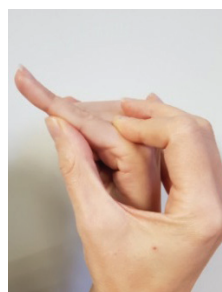
Use your uninjured hand to bend each of the fingers of the injured hand into a hook grip and fist, as shown. Hold for 10 seconds, then relax.

Repeat 10 times



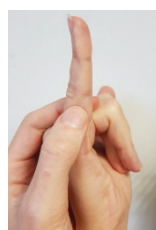
You may now start to passively straighten your injured finger.

Hold for 10 seconds



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





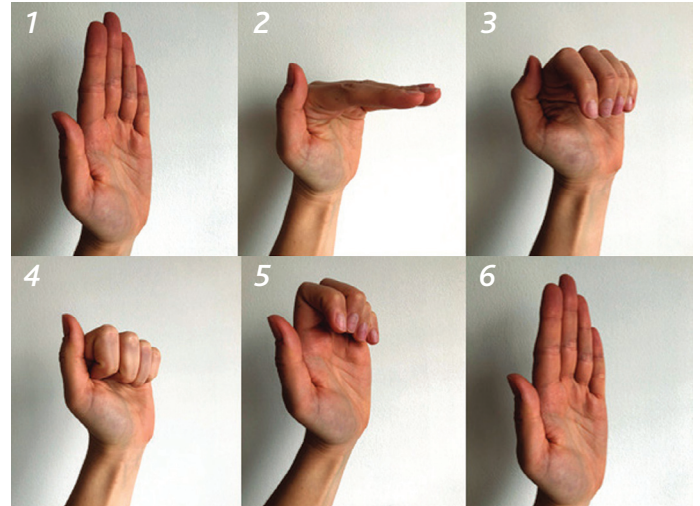
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Tendon Gliding

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



Start gentle resistance exercises as selected by your hand therapist based on your individual needs.



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