



REHABILITATION

## Sagittal Band

*One of the ligaments that help straighten your finger has been injured.*

It will take at least 6 weeks for your ligament 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 – 6 after injury

You will have a yoke splint (see picture) made to fit you by your hand therapist. This protects the healing ligament of your finger. Pay close attention to how the splint is applied, attention to detail makes all the difference to the final results.

The Yoke Splint (see picture): You need to wear this splint continuously for the first six weeks after your injury.

With the splint on, complete the following exercises.

*Repeat 10 times every 2 hours in the day.  
Straighten all the fingers.*



*Bend the main knuckles while keeping the rest of the finger joint straight.*



*Bend your fingers into a hook grip as shown.*



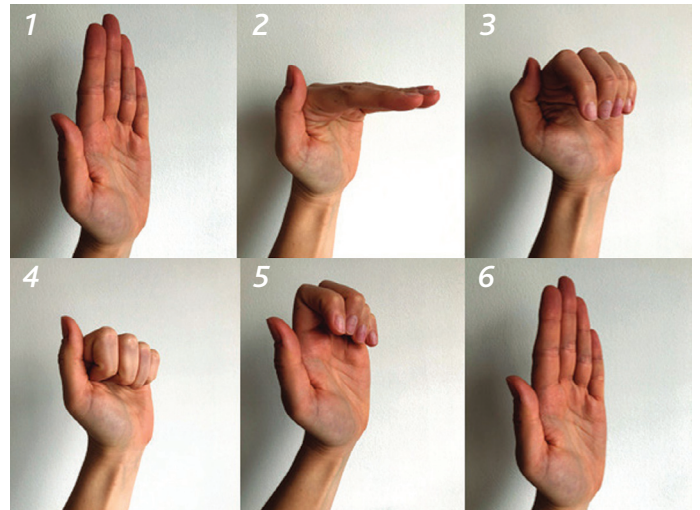


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#### Week 6 – 8 after injury

#### Tendon Gliding

Complete as a sequence, as numbered.



#### Week 8 – 12 after injury

Your ligament has now healed enough to cope with normal daily activities but your hand will feel weak. During these 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. Most people can return to unlimited activities at the end of this four weeks. During this stage individual variations in progress may become more apparent and your hand therapist will tailor your exercise regime to your specific requirements.

#### DO'S

- Be patient, the effort you put into your rehabilitation is significantly related to the end result obtained from your repaired ligament
- Do keep your arm/hand elevated to minimise swelling, particularly soon after your injury
- Do wear your splint as prescribed
- Do follow the therapist recommendations
- Do keep all your uninjured joints moving, including your shoulder and elbow

#### DON'TS

- Don't leave your hand out of the splint
- Don't try to push hard against the splint when completing exercises
- Don't use your injured hand to grip objects
- Don't drive until you have discussed this with your therapist