

Exercises 3 weeks after a flexor tendon repair to your hand

Occupational Therapy

Information for Patients

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Introduction

Your therapist has given you this instruction leaflet 3 weeks after having surgery to repair flexor tendon(s) in your hand/ finger(s)/ thumb.

Your tendon(s) will be starting to heal and regain some strength. They will still not be able to withstand heavy activity or lifting so you still need to be very careful and continue to not use your hand.

It takes 12 weeks for tendons to fully heal after they have been repaired. During this time they remain weak and the repair is still at risk of breaking.

Exercises 3 weeks after surgery

You will still need to **wear your splint at all times**, but you can now remove your splint 3 times a day to do 2 more exercises. These exercises will allow your flexor tendons to move and glide inside your wrist to stop your wrist from becoming stiff. Your therapist will teach you your new extra exercises (as shown on next page) and get you to practice these to make sure you can do them correctly.

If you have injured a tendon to your fingers, **you will still need to complete the same original 3 exercises you have been doing every hour within your splint**, as well as these 2 new exercises. This will make sure the tendons at the finger(s) continue to move and glide but remain protected in the splint.

If you have injured a tendon to your thumb, **you will still need to complete the same original 2 exercises you have been doing every 2 hours within your splint**, as well as these 2 new exercises. This will make sure the tendon at the thumb continues to move and glide but remains protected in the splint.

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Exercise 1:

Keep your wrist bent and straighten your fingers and thumb, but **do not** use your uninjured hand to help straighten the fingers.

Repeat for a total of 10 to 20 times.

Start with 10 repetitions and build up to 20 repetitions, 3 times a day.



Exercise 2:

Form a loose fist with your injured hand. Keeping your hand in a fist, bend the wrist and then straighten to a neutral position.

Repeat for a total of 10 to 20 times.

Start with 10 repetitions and build up to 20 repetitions, 3 times a day.



Contact details

Name of Occupational Therapist:

Telephone number:

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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જે તુમીં ઇંદ જાનવારી વિમે હેર બામ્બા વિંદ ચાહુંદે હે, ઝાં વિરખા વરકે હેઠાં સિંઝે ગણે નંબર 'ਤੇ ટૈલીફોન વરો।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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