

Exercises 4 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 4 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.

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.

Aftercare 4 weeks after surgery

You are now able to remove your splint during the day whilst at home and start to use your hand for **light** tasks (such as brushing your hair, picking up coins). You **must** continue to wear your splint whilst in crowds (for example, in a pub or at the supermarket), in situations when you may be at risk of falling (for example, walking on uneven ground), and when sleeping in bed.

Exercises 4 weeks after surgery

4 weeks after surgery you will be given further extra exercises to do. 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.

You will still need to complete the previous exercises you have been doing to bend your fingers/ thumb; both with and without the help of your uninjured hand.

You will be advised as to if you need to do any more exercises on top of the ones mentioned here.

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Exercise 1:

Straighten your wrist, fingers and thumb to a neutral position as shown.

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 down as far as you can, and then bend it backwards as far as you can.

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۔
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