



# Flexor Tendon Repairs

Your flexor tendons are responsible for bending your fingers towards your palm. Your repaired tendon is held together by delicate stitches; therefore, it is weak.

Following surgery, you will need to wear a splint continually for up to five weeks. This will protect the tendon. You should not use your hand for any activity except for the exercises taught by your therapist. These gentle exercises will prevent the tendon sticking to surrounding tissue as it heals and also gradually strengthen the tendon. Therapy usually starts on the first day after the operation.

## Exercises from day 1 onwards



1. Using the other hand bend each finger individually towards the palm. Perform this exercise as many times as you wish each hour in order to loosen up your fingers before starting exercise.



2. Gently bend your fingers towards the palm. Ensure that movement occurs at all your finger joints. Repeat this exercise 10 times each hour.



3. One finger at a time, take the finger forward as far as you can from the knuckle. Keep it there while you gently straighten your finger at the middle joint. Repeat this movement 10 times on each finger each hour.

- your stitches are usually removed two weeks after your operation
- the splint will usually be removed five weeks after your operation. It is important that your splint is comfortable to wear. If any of the following occur, please contact your therapist as soon as possible: 1) Pins and needles in your hand 2) Areas of pressure within the splint causing pain, redness or blistering 3) Altered colour or temperature of your hand.
- on the advice of your therapist, you can begin using a pen at 6 weeks, using a knife and fork at 8 weeks, and driving at 10 weeks. You will be able to return to work at 10/12 weeks.
- it may take many more months after this for the hand to return to full strength
- control of swelling and prevention of stiffness of the unaffected joints is also essential
- when resting, keep your hand across your chest to help the swelling to drain. Bend and straighten your elbow, and stretch your arm above your head regularly (without moving your wrist or fingers).

**If you have any problems, please do not hesitate to contact your therapist on:**

Doncaster Royal Infirmary - 01302 644210

Bassetlaw Hospital - 01909 572302

Montagu Hospital - 01709 649190

Retford Hospital - 01777 863400

### **Patient Experience Team**

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

### **The contact details are:**

Telephone: 01302 642764 or 0800 028 8059

Email: [dbth.pals.dbh@nhs.net](mailto:dbth.pals.dbh@nhs.net)