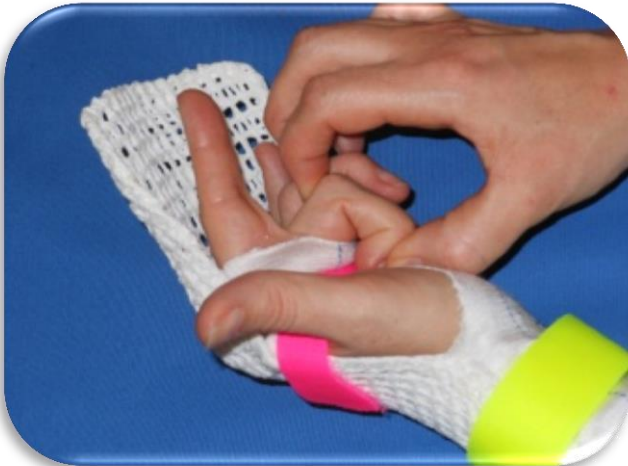




## Finger Flexor Tendon Repair (modified CAM)

**Weeks 3-4**



**1** Remove your top strap and relax your fingers in your splint. Use your other hand to push each finger down into a fully bent position. Make sure that you are bending from all three finger joints. This is to loosen your fingers up.

**Unaffected fingers: Hold for \_\_\_ seconds**  
**Repeat \_\_\_ times, every waking hour.**

**Affected finger(s): Hold for \_\_\_ seconds**  
**Repeat \_\_\_ times, every waking hour.**

**2** Place **one** fingers of your other hand across your palm this is to guide how far to bend without forcing the tendon too far. Then curl down from the fingertips to touch the fingers in the palm. Then using your muscles, straighten your fingers towards the hood of the splint.  
**Repeat 10 times, every waking hour.**





**3** Place a pen or your fingers into the splint and push your knuckles down into a bent position as far as they will go. Then; keeping the pressure on, straighten up the tips of your fingers until they are fully straight.

Hold for \_\_\_\_ seconds

Repeat \_\_\_\_ times, every waking hour

### Important Information



- Wear your splint at all times, 24 hours per day
- Do not push your fingers up straight or push up against the splint
- When having a bath / shower, you should cover your splint to keep it dry
- Remove the top strap of the splint for exercises and at night before sleeping
- Do not use your hand for any activity
- Keep your arm elevated (above heart level)
- Regularly move your elbow, shoulder and neck to prevent stiffness

### Contact the Hand Therapy Department if:



- You are suddenly unable to bend the tip of your finger(s)
- You are concerned that you may have a wound infection.
- **Signs of infection:** increased redness around the wound or spreading down your forearm, throbbing, increased swelling, a fever, discharge from the wound that may be foul smelling or discoloured.

