



Extensor tendon repair

0-3 Weeks

Exercises



Straighten fingers



'Hook' fingers



'Table top'



Fist

___ repetitions, ___ times a day

Important Information



- Wear your splint at all times, 24 hours per day
- When having a bath / shower, you should cover your splint to keep it dry
- Use your hand for light activity only e.g. texting / turning pages / typing
- Keep your arm elevated (above heart level), regularly move your elbow, shoulder and neck to prevent stiffness.
- Scar massage: when your therapist tells you it is safe to do so (at 2-3 weeks when the wound is closed), massage your scar firmly 3-5 minutes with cream, 5 times a day. This stops the tendon getting stuck in scar tissue.

Contact the Hand Therapy Department if:



- You are suddenly unable to straighten 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 coloured.



Hand Therapy Department Contact Number 0203 315 8404
Open between 8-6 Monday-Friday. Last updated: 23-8-16 MT