Hand Therapy –

Exercises following
Flexor Tendon Finger Repair

Information for patients

This leaflet can be made available in other formats including large
print, CD and Braille and in languages other than English, upon
request.
What exercises should I do after my surgery?

You should only do the exercises your Hand Therapist has advised. These will be progressed when you are ready.

Making other hand movements may cause your repair to break.

**Week 1: You should carry out the following exercises.**

**Exercise in your splint but remove the finger and palm straps.**

**Exercise 1**

Use your other hand to bend **each** finger down to the palm, in turn, 10 times.

**Repetition:** x 5.

**Hold:** 5 seconds.

**Complete:** Every hour.

**Exercise 2**

Straighten all your fingers out at the same time so the back of your fingers touch the splint.

**Repetition:** x 5.

**Hold:** 5 seconds.

**Complete:** Every hour.
Exercise 3

Place three fingers of your other hand into the palm of your operated hand. Bend the fingers of the operated hand, over these three fingers.

Repetition: x 5.

Hold: 5 seconds.

Complete: Every hour.

Exercise 4

Lift your hand up away from splint, then relax your hand and fingers back down.

Repetition: x 5.

Hold: 5 seconds.

Complete: Every hour.
Week 2: You should continue with the exercises from Week 1, and progress the following exercise.

Progress Exercise 3

Place two fingers of your other hand into the palm of your operated hand. Bend the fingers of the operated hand, over these two fingers.

Repetition: x 5.

Hold: 5 seconds.

Complete: Every hour.

Week 3: You should continue with the exercises from week 1, and progress the following exercise.

Progress Exercise 3

Place one finger of your other hand into the palm of your operated hand. Bend the fingers of the operated hand, over the one finger.

Repetition: x 5.

Hold: 5 seconds.

Complete: Every hour.
Week 4 onwards:

Please note your splint is to be removed for these exercises.

Exercise 1

Place the back of your hand on a table. Use your other hand to bend each finger down to the palm.

**Repetition:** x 5.

**Hold:** 5 seconds.

**Complete:** Every hour.

Exercise 2

Place the back of your hand on a table. Straighten all your fingers out so that they touch the table (no pain, or strain. **Do not** use other hand to help straighten fingers.

**Repetition:** x 5.

**Hold:** 5 seconds.

**Complete:** Every hour.
Exercise 3

Place the back of your hand on a table. Whilst keeping your knuckles flat on the table, bend your fingers to make a hook fist.

**Repetition:** x 5.

**Hold:** 5 seconds.

**Complete:** Every hour.

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Exercise 4

Place the back of your hand on a table. Bend your fingers down into your palm to make a full fist, as pain allows.

**Repetition:** x 5.

**Hold:** 5 seconds.

**Complete:** Every hour.
Exercise 5

Place the back of your hand on a table. Bend your wrist, keeping your forearm in contact with the table and then return your hand and fingers back to the table.

**Repetition:** x 5.

**Hold:** 5 seconds.

**Complete:** Every hour.

Contact numbers

Please contact the Hand Therapy Team if:

- you have any concerns or questions
- if your splint is rubbing, uncomfortable or damaged.
North Tees and Hartlepool NHS Foundation Trust

Hand Therapy Team
Telephone: 01429 522471
Monday – Friday, 8.30am – 4.30pm

You will be asked to attend either:

Hand Therapy
1st Floor, North Wing
University Hospital of North Tees

Physiotherapy Outpatients Department
Ground Floor
University Hospital of Hartlepool
This leaflet has been produced in partnership with patients and carers. All patient leaflets are regularly reviewed, and any suggestions you have as to how it may be improved are extremely valuable. Please write to the Clinical Governance Team, North Tees and Hartlepool NHS Foundation Trust, University Hospital of North Tees or Email: nth-tr.leaflets@nhs.net

Comments, Concerns, Compliments or Complaints

We are continually trying to improve the services we provide.

We want to know what we’re doing well or if there's anything which we can improve, that’s why the Patient Experience Team is here to help.

Our Patient Experience Team is here to try to resolve your concerns as quickly as possible. If you would like to contact or request a copy of our PET leaflet, please contact:

Telephone: 01642 624719
Monday – Friday, 9.30am – 4.00pm
Messages can be left on the answering machine and will be picked up throughout the day.

Freephone: 0800 092 0084

Email: nth-tr.PatientExperience@nhs.net

Out of hours if you wish to speak to a senior member of Trust staff, please contact the hospital switchboard who will bleep the appropriate person.

Telephone: 01642 617617
24 hours a day, 7 days a week

The Patient Experience Team is available to discuss your concerns in person Monday – Friday, 9.30am – 4.00pm. The office is based on the ground floor at the University Hospital of North Tees.

Data Protection and use of patient information

The Trust has developed a Data Protection, Caldicott and Disclosure Policy (IG5) in accordance with the Data Protection Legislation (General Data Protection Regulations and Data Protection Act 2018) and the Freedom of Information Act 2000. All of our staff respect this policy and confidentiality is adhered to at all times. If you require further information please contact the Information Governance Team.

Telephone: 01642 383551 or Email: nth-tr.infogov@nhs.net