Hand Therapy –

Exercises following Extensor 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.

**Weeks 1 - 4: You should carry out the following exercises.**

**Exercise in your splint but remove the two hand straps.**

**Exercise 1**

Use your other hand to lift **each** finger from the splint, one at a time.

**Repetition:** x 5.

**Hold:** 5 seconds.

**Complete:** Every 1 – 2 hours.

**Exercise 2**

Lift all of your fingers up from your splint at the same time.

**Repetition:** x 5.

**Hold:** 5 seconds.

**Complete:** Every 1 – 2 hours.
Exercise 3

Lift your knuckles to claw your finger tips along the splint, into a hook position.

**Repetition:** x 5.

**Hold:** 5 seconds.

**Complete:** Every 1 – 2 hours.
Week 4 onwards: You can now remove your splint to complete the exercises.

Exercise 1

Gently bend your fingers to your palm to make a full fist (no pain or strain).

**Repetition:** x 5.

**Hold:** 5 seconds.

**Complete:** Every 1 – 2 hours.

Exercise 2

Lift all your fingers up from the table for 5 seconds, then relax them back down.

**Repetition:** x 5.

**Hold:** 5 seconds.

**Complete:** Every 1 - 2 hours.
Exercise 3

With your elbow resting on the table, keep your fingers relaxed and then bend your wrist forwards and backwards.

Repetition: x 5.

Hold: 5 seconds.

Complete: Every 1 - 2 hours.

Exercise 4

Without moving your wrist, lift your knuckles to claw your finger tips along the table, in to a hook position.

Repetition: x 5.

Hold: 5 seconds.

Complete: Every 1 - 2 hours.
Exercise 5

Lift your hand off the table, bend your knuckles, keeping your fingers straight.

**Repetition:** x 5.

**Hold:** 5 seconds.

**Complete:** Every 1 - 2 hours.

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
References


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