

After repair of a cut tendon on the palm side of the hand (flexor tendon)

After hand surgery



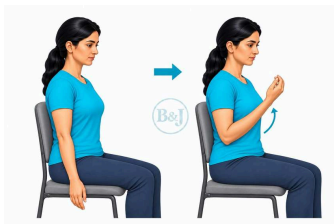
Count the weeks from the day of your operation. The date is on your discharge card.

If your doctor wrote a different plan on your prescription, follow that instead of this page.

Weeks 0–4

The repaired tendon is weakest in these weeks. Wear the splint day and night and never take it off unless we tell you. Every hour, do the finger exercises we taught you inside the splint: gently bend the fingers part of the way into a fist, then straighten them fully against the splint. Never force them, and never bend them against anything.

Arm use In the splint at all times. Do not grip, lift, carry or push anything with this hand, not even a cup.



Elbow bend and straighten

Sit with the arm by your side. Bend the elbow slowly as far as it goes, bringing the hand up, then straighten it fully.

10 times

3 times a day

✓ Should feel

A gentle stretch at the front or back of the elbow

✗ Should not feel

Sharp pain

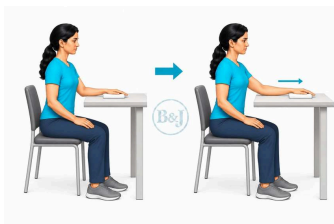


Table slide

Sit at a table, slide the hand forward, letting the body follow.

10 times

3 times a day

✓ Should feel

A stretch at the end of the range

✗ Should not feel

Pinching at the top

Not yet Taking the splint off, gripping anything, pushing the fingers back by force, or getting the splint wet.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

Weeks 4–8

The splint comes off when we advise, usually by week 6. Bend and straighten the fingers fully without force; we will add exercises at each visit. Carry on with the earlier exercises.

Arm use Light use only: eating, writing, buttoning. No hard gripping, lifting or carrying.



Warm water soak

Rest both hands in a bowl of warm water. Open and close a loose fist slowly while they are in the water.

5 minutes

Before the exercises

✓ **Should feel**

The hands loosening as they warm

✗ **Should not feel**

Water hot enough to sting or
redden the skin



Tendon glides

Move the fingers through straight, hook, full fist and back to straight.

10 times

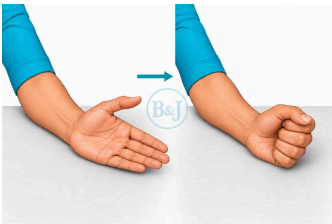
3 times a day

✓ **Should feel**

The tendons moving freely

✗ **Should not feel**

Catching



Composite fist

Make a full fist slowly, then open fully.

10 times

3 times a day

✓ **Should feel**

Full movement

✗ **Should not feel**

Catching that hurts



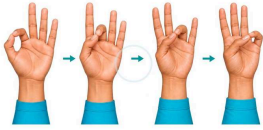
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Finger to thumb touches

Touch each fingertip to the thumb in turn.

10 rounds

3 times a day

✓ **Should feel**
Smooth control

✗ **Should not feel**
Locking

Not yet Hard gripping, lifting, carrying bags, or stretching the fingers backwards.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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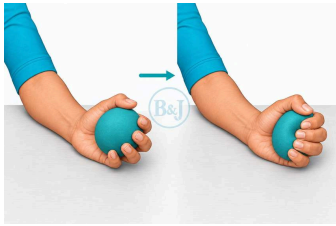
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Weeks 8–12

Build grip strength a little at a time. Carry on with the earlier exercises.

Arm use Normal light use. Heavier tasks a little at a time.



Grip squeeze

Squeeze a soft ball gently.

10 times

2 times a day

✓ **Should feel**
The hand working

✗ **Should not feel**
Pain



Palm-up finger stretch

Gently straighten the fingers back with the other hand.

Hold 20 seconds

3 times

✓ **Should feel**
A stretch in the palm

✗ **Should not feel**
Sharp pain

Not yet Heavy lifting, hard pulling, or sport.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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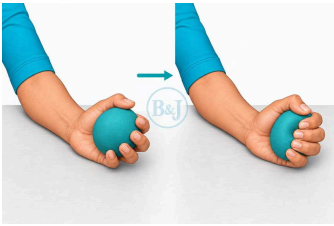
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Week 12 onwards

Back to full use and work. Carry on with the grip exercises.

Arm use Full.



Grip squeeze

Squeeze a soft ball gently.

10 times

2 times a day

✓ Should feel

The hand working

✗ Should not feel

Pain

Not yet Contact sport or very heavy work until we clear you.

Stop and telephone us if

- A sudden snap, or the finger suddenly cannot bend: the repair may have come apart — come the same day
- Pain that keeps getting worse despite the painkillers
- The fingers become numb, cold, pale or blue
- Wound redness, discharge or fever
- The splint feels too tight, rubs, or has broken



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