

Hand Therapy

Wrist Flexor Tendon

First Appointment

Your tendon has been repaired and it will take 12 weeks until it is fully healed and can be used for strenuous activity.

To Do:



- To protect the tendon, wear the splint at all times - day and night. Keep it covered in the shower or bath e.g. with a plastic bag.
- To help reduce swelling, keep your hand elevated above heart level, i.e. at shoulder height, for the first two weeks after surgery or until visibly less swollen.
- Keep dressings clean and dry for at least 3 full days after surgery (or as otherwise advised). If you wish, you can then remove your dressing and wash your hand with clean running water only (tap or shower). Dry and re-apply a simple dressing if needed.
- Vigorous movement of your hand in the 3 days following surgery will not allow inflammation to settle. After this time, regularly complete the exercises.
- It is normal to experience some discomfort whilst exercising but work within the limit of your pain. You should take regular pain relief if required.
- To prevent stiffness, make sure that you regularly move your fingers, thumb, elbow and shoulder.
- You can use your hand for light daily tasks, e.g. dressing, eating, using the phone and computer etc.
- Contact the department if you have any concerns about your hand or your splint. An increase in pain, redness, heat, swelling or feeling unwell may mean an infection.

To avoid:



- Do not force your fingers or wrist straight/backwards.
- Do not smoke, as this may affect healing.
- Do not drive until 8 weeks after surgery and then only when you feel safe to do so.
- Avoid moderate or heavy use of your hand including operating machinery.

To contact us email: qvh.handtherapy@nhs.net

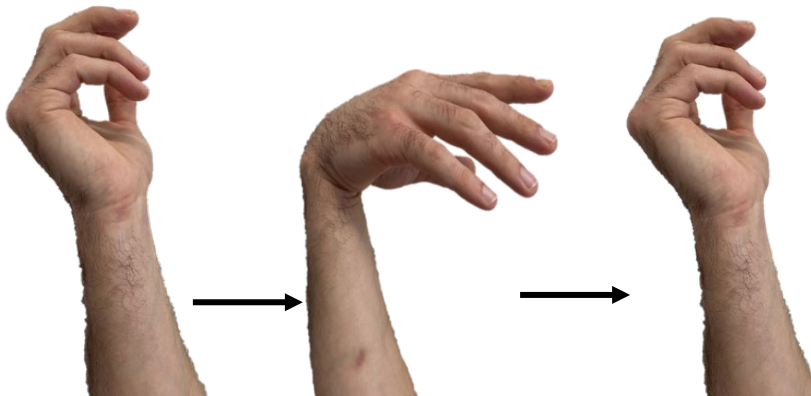
Alternatively phone: **01342 414072**

Information at www.qvh.nhs.uk - Our services/Therapies/Hand Therapy

1. Keep all of your fingers and thumb moving by straightening them and making a fist.



2. Using your own muscle strength move your wrist forwards, allowing your fingers to naturally straighten; then gently move your wrist back and allow your fingers to naturally curl into your palm. Avoid going all the way back. Repeat.



3. If it is difficult to move your wrist forward under your own strength, you can help it with your other hand. (Do not push it backwards with your other hand.)

