

# Hand Therapy

## Finger Extensor Tendon (Merritt)

### First Appointment

We have repaired your tendon and it will take 10 weeks until it is fully healed and can be used for strenuous activity.

**To Do:**

- To protect the tendon, wear the splints at all times - day and night, including for exercises. 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 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 first 3 days following surgery will not allow inflammation to settle. After this time, regularly complete the exercises.
- It is normal to experience some discomfort when exercising but work within the limit of your pain. You should take regular pain relief if required.
- To prevent stiffness, make sure you regularly move your shoulder, elbow and thumb.
- 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 the splints. An increase in pain, redness, heat, swelling or feeling unwell may mean an infection.



**Avoid:**

- Do not push your fingers or wrist bent/forward with your other hand.
- Do not smoke, as this may affect healing.
- Do not drive until 6 weeks after surgery and then only when you feel safe to do so.
- You should avoid moderate or heavy use of your hand including operating machinery.



To contact us email: [qvh.handtherapy@nhs.net](mailto:qvh.handtherapy@nhs.net)

Alternatively phone: **01342 414072**

Information at [www.qvh.nhs.uk](http://www.qvh.nhs.uk) - Our services/Therapies/Hand Therapy

**Try to do these**

**exercises.....**

Bend from the big/bottom knuckles of your fingers, keeping the other joints straight. Then straighten your fingers.



Keep the big/bottom knuckles of your fingers straight and bend the tips of your fingers to make a hook shape. Then straighten your fingers.



Make a fist (the splint will stop you making a full fist). Then straighten your fingers.

