

# Thumb Extensor Tendon Repair

## Day 1 to Week 4 - Zone 5 - Dynamic

### Information for patients

One or more of the tendons that straighten your thumb has been repaired. At this stage the tendons are very weak. The tendon is at risk of rupturing (snapping) if you do not carefully follow the instructions below and advice given to you by your therapist.

It will take **12 weeks for the tendon(s) to fully heal** and until you can return to heavy activities with the affected hand.

#### Splint

You need to wear the splint at all times for the **next 4 weeks**. It is there to protect your tendon and if you remove it there is a high risk that you will snap the tendon. If your splint breaks and is not protecting your hand you need to contact us immediately.

#### Wound

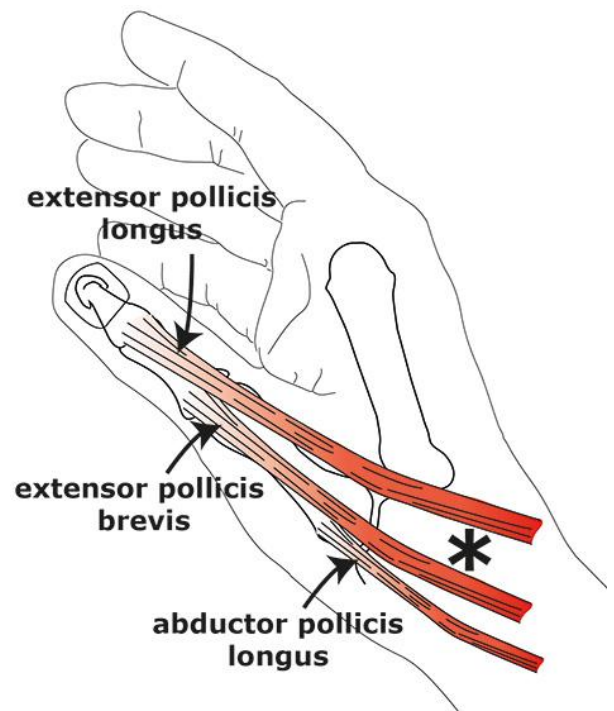
Keep the wound clean and dry.

If you have been prescribed antibiotics, please finish the full course.

If you notice any signs of infection such as increase in pain, swelling, redness and heat around wound site, or pus, please either notify us or, if outside of clinic hours, visit your GP or A&E for it to be reviewed.

#### Swelling





To reduce the swelling, keep your hand elevated (above the level of your heart). This can be done with the use of a sling during the day and pillows to prop up your hand whilst you are sleeping or sitting.




## Exercises:

Do all exercises slowly, gently within the splint.

Remove the strap over your thumb and perform each exercise 10 times every 1-2 hours.

<b>Week 1</b> Touch thumb to tip Of index finger		<b>Week 2</b> Touch thumb to tip of middle finger	
<b>Week 3</b> Touch thumb to tip of		<b>Week 4</b> Touch thumb to tip of little finger	

Regularly lift your arm above your head and behind your back to maintain shoulder mobility and straighten and bend your elbow.

<b>DO</b> 	<ul style="list-style-type: none"><li>• Keep your splint on at all times.</li><li>• Keep your wound clean and dry. You'll need to cover your hand and arm with a plastic bag when in the shower or bath.</li><li>• Keep your hand elevated.</li><li>• Your exercises must be done every 1-2 hours whilst you are awake.</li></ul>
<b>DON'T</b> 	<ul style="list-style-type: none"><li>• Don't use your injured hand.</li><li>• Don't push your thumb or wrist forwards with your other hand.</li><li>• Don't drive.</li><li>• Don't carry bags in the affected hand or on the wrist.</li></ul>
	<ul style="list-style-type: none"><li>• Contact us if you have any concerns.</li><li>• <b>Contact us immediately if you feel a snap or have a sudden loss of movement in the affected thumb.</b></li><li>• <b>Telephone: 020 3299 8220</b></li><li>• <b>Email: <a href="mailto:kch-tr.kingshands@nhs.net">kch-tr.kingshands@nhs.net</a></b></li></ul>

## **MyChart**

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on **020 3299 4618** or email [kings.mychart@nhs.net](mailto:kings.mychart@nhs.net). Visit [www.kch.nhs.uk/mychart](http://www.kch.nhs.uk/mychart) to find out more.

## **Sharing your information**

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information **visit [www.kch.nhs.uk](http://www.kch.nhs.uk)**

## **Care provided by students**

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

## **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: **020 3299 4618**

Email: [kings.pals@nhs.net](mailto:kings.pals@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email [kings.access@nhs.net](mailto:kings.access@nhs.net)**