

## Extensor tendon rehabilitation - week one to week four

Information for patients on the Modified Norwich Regime

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One or more of the tendons that straighten your fingers has been repaired. The tendon is currently very weak and is at risk of rupturing (snapping) . Please carefully follow the instructions below and the 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 normal day to day activities with your injured 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 could snap the tendon. If your splint breaks and is not protecting your fingers you need to contact us immediately on 020 3299 8220 or 016 8986 6660 for Beckenham Beacon or email on [kch-tr.kingshands@nhs.net](mailto:kch-tr.kingshands@nhs.net).

### 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, redness, swelling, a hot throbbing sensation or pus, please either notify us or, if outside of clinic hours, visit your GP or A&E for it to be reviewed.

### Scar Management (once wound has healed)

- Massage the scar as instructed by your therapist
- This is especially important if the scar is hard and stuck and movement is restricted.

### 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 down.

<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 in daily function.</li><li>• Don't use your other hand to push your fingers into the palm or wrist forwards.</li><li>• Don't drive.</li><li>• Don't carry bags on the affected arm or on the wrist/ forearm.</li></ul>

## Exercises

Do all exercises slowly, gently and within the splint.

**Do each exercise 10 times every 12 hours and hold for 10 seconds.**

1. Keep elbow and shoulder moving as normally as possible.	2. Straighten your thumb fully then bend it across your palm.
3. Remove the strap over the fingers. Assist one finger at a time into full extension. 	
4. Actively try to extend each finger off the splint. 	5. Lift the palm out of the splint with your opposite hand, make a hook with <b>only</b> the top two joints of the fingers. 
6. Lift the palm out of the splint with your opposite hand, make a 'birdbeak' position, with knuckles bent and fingers straight. 	

## 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)**