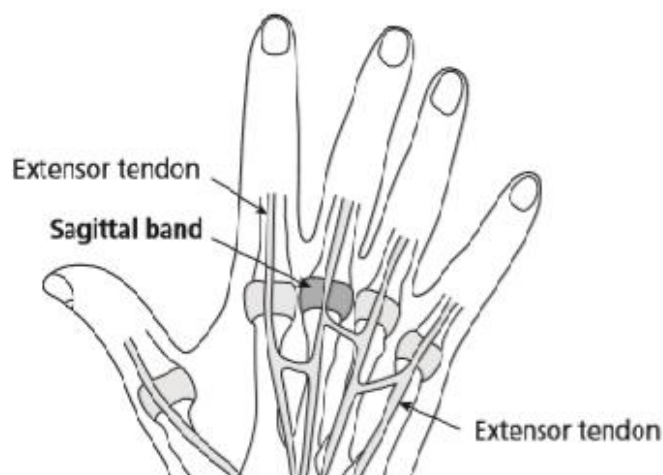


Sagittal Band Injury

You have had an injury to the sagittal band of one (or more) of your fingers. The sagittal bands are part of the extensor tendon. The bands work with the tendons to straighten your fingers or thumb. The bands are located close to the large knuckles of each finger, known as the metacarpal phalangeal joints.

It will take 12 weeks for the tendon(s) to fully heal and until you can return to normal day to day activities with this injured hand.



Splint

You need to **wear the splint at all times for the next six weeks**. It is there to protect your tendon and if you remove it there is a high risk that you could re-injure the sagittal band. If your splint breaks and is not protecting your fingers you need to contact us immediately on 0203 299 8220 or kch-tr.kingshands@nhs.net.

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.

Hand use

You can now start to use your hand for light activities such as light switches, handling money and easy buttons. Do not do any activity that involves resistance - a full cup of coffee or pint glass is too heavy for this stage. Do not make a firm or tight grip. Do not do any repetitive activities – e.g. you can sign your name but not write a long letter or essay. Typing for prolonged periods, is also not recommended. See below re how to progress your hand use.

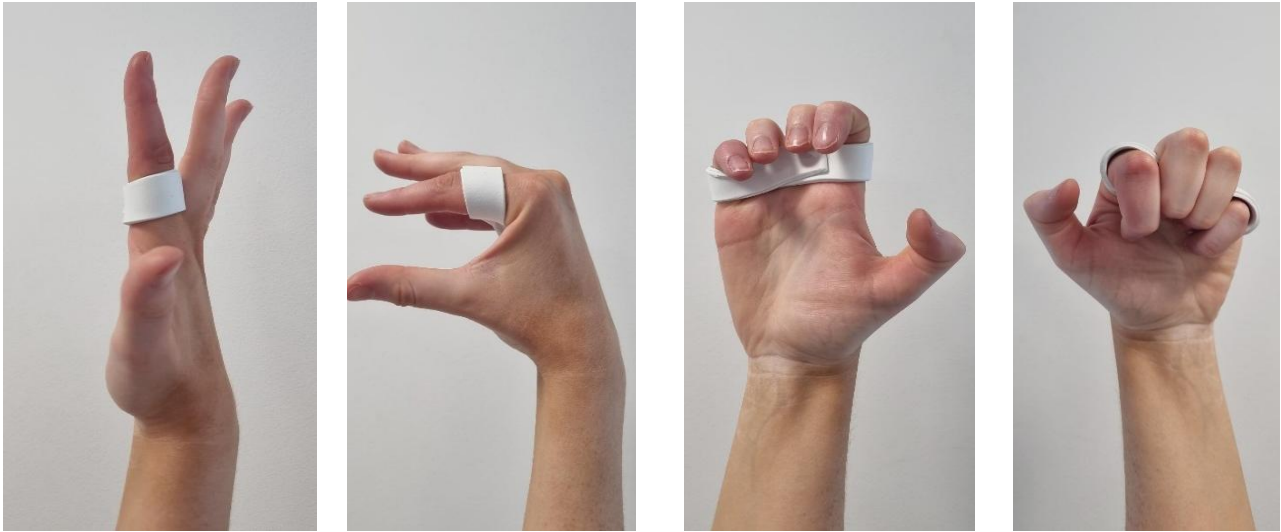
Do	<ul style="list-style-type: none"> • Always keep your splints on. • Keep your wound clean and dry. You'll need to cover your hand and arm with a plastic bag when in the shower or bath. • Keep your hand raised. • Your exercises must be done every 1 to 2 hours while you are awake.
Don't	<ul style="list-style-type: none"> • Don't use your injured hand in function. • Don't force your fingers into the palm or wrist forwards with your other hand as this will put too much tension on the repair. • Don't drive. • Don't carry bags on the affected arm or on the wrist or forearm.

Exercises Week 1-6

Do all exercises slowly, gently in the splint.

Do each exercise 10 times every 1-2 hours and hold for 10 seconds.

1. Continue the same finger exercises in the finger splint, but without the wrist splint.



2. Gently bend your wrist forwards with your fingers relaxed and straight. **DO NOT** push. Hold for 5 seconds.



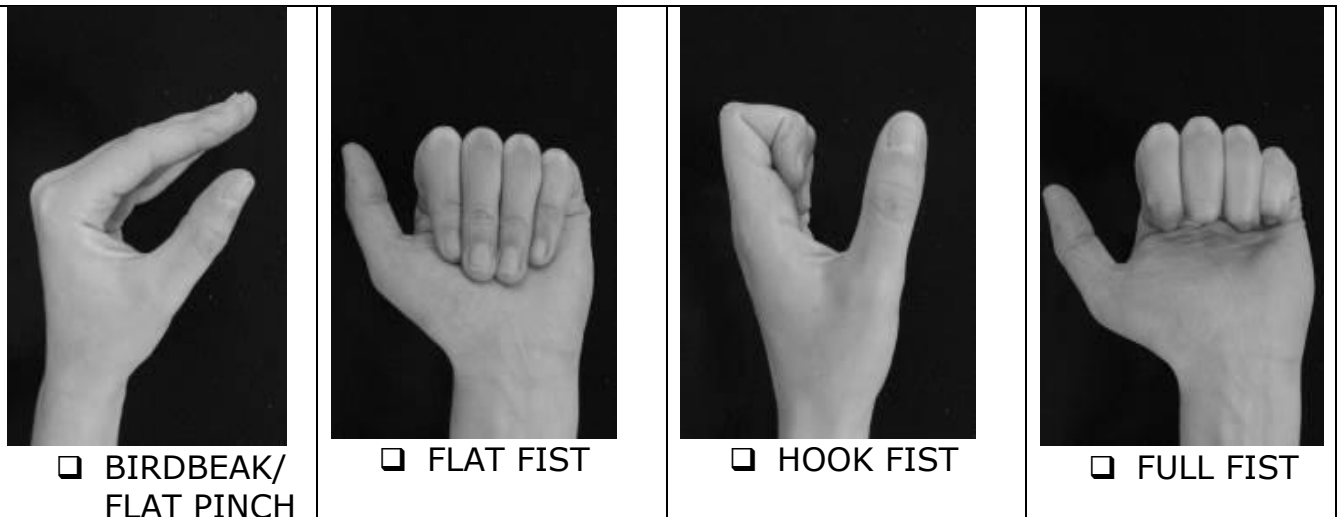
3. Gently bend your wrist backwards, keeping your fingers relaxed and slightly bent. Hold for 5 seconds.



Exercises Week 6+

Do all exercises slowly, out of the splint.

Do each exercise 10 times every 1-2 hours and hold for 10 seconds.



Light activities	Medium activities	Medium or heavy activities
<ul style="list-style-type: none"> • Using telephone • Handling money • Playing games, cards or scrabble • Fastening light zips and clothes (not jeans) • Fastening easy buttons • Personal care • Combing short hair • Putting on light make-up • Signing your name • Using a remote control • Using a mouse • Reading a newspaper 	<ul style="list-style-type: none"> • Fastening shoelaces • Putting on socks or tights • Holding a small glass • Holding cup • Using fork and spoon • Washing up light utensils • Using scissors • Doing light craftwork • Holding light paper • Writing sentences (not an essay) • Using a keyboard • Turning key in door • Opening doors • Using an electric shaver 	<ul style="list-style-type: none"> • Holding pint glass • Carrying shopping bags • Washing up • Using domestic not industrial appliances • Ironing • Vacuuming (don't lift vacuum) • Using a knife • Cooking • Lifting saucepan • Lifting kettle • Using tin opener • Sweeping up • Washing up pans • Hanging out washing • Opening a ring can pull • Unscrewing jars

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**. Visit **www.kch.nhs.uk/mychart** to find out more.

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

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