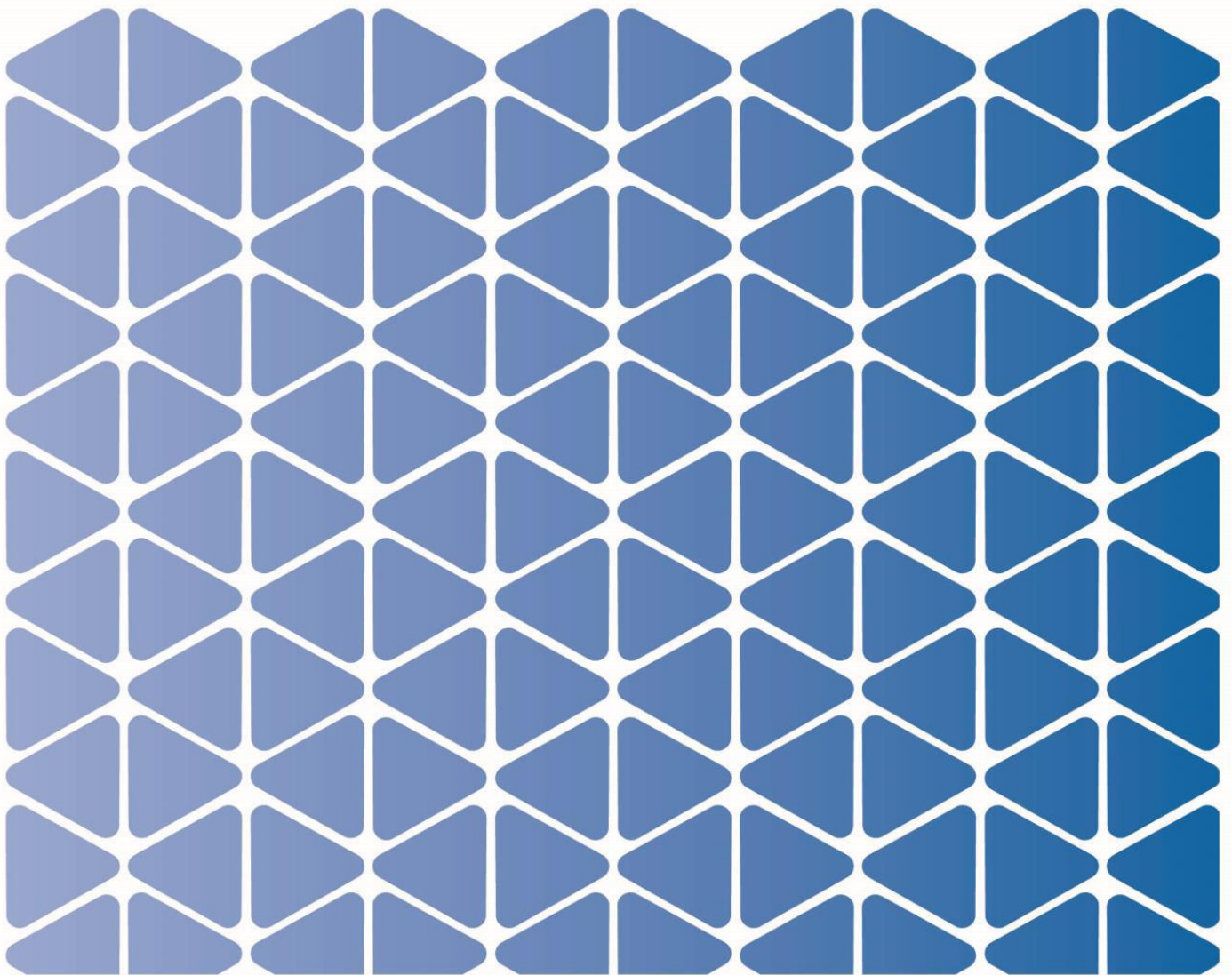


PATIENT INFORMATION

Occupational Therapy & Physiotherapy

AFTER CARE FOLLOWING EXTENSOR TENDON REPAIR ZONE III - IV



ADVICE FOR PATIENTS

You have damaged the tendon which runs down the back of your digit and enables you to straighten your finger. After repair the tendon needs to be protected whilst allowing it to glide. The following information allows this healing to occur, but you must also attend therapy treatment.

HAND HYGIENE

To wash your hand, place it on a firm surface remove the splint keeping the digit straight and supported.

Use non-perfumed soap or wipes to wash the hand. Do not wash across any unhealed wounds. Use wipes to clean in between fingers.

Ensure the hand is dry before reapplying your splint.

DO

- Freely move the wrist and other joints of your hand that aren't splinted.
- Rest your hand on a pillow while you are sleeping or resting to reduce swelling.

DON'T

- Do not use your hand for any activity other than the exercises you are shown.
- Do not drive.
- Do not place your splints near direct heat.

SPLINTING

Following your injury you will be required to wear three different splints, which will allow protected exercise.

➤ **Splint 1**

This splint is to be worn at all times except for exercise. Ensure that when it is applied the strapping holds the joints of your finger straight.



➤ **Splint 2 (exercise 1)**

Apply this splint to carry out exercise 1. Hold the splint at the base of your finger and rest your wrist forwards (see picture). Gently bend your finger until it touches the splint and then gently straighten your digit. This splint will be altered by your therapist to allow gradually more movement.



➤ **Splint 3 (exercise 2)**

Apply this splint to carry out exercise 2. Hold the splint onto your finger and make sure you keep the central joint of your finger straight (see picture). Gently bend the tip of your finger over the edge of the splint and then gently straighten the tip of your finger.



EXERCISE REGIME

Frequency: _____ Repetitions: _____

Week 1-4

Carry out the exercise and splinting regime as instructed by your therapist.

Week 4 -6

Continue with the exercise regime, using the exercise splints.

Depending on your tendon healing your therapist may advice to stop wearing splint 1 during day time; continue to wear the splint at night and in 'at risk' situations. If any weakness continues in tendon function you will require to wear splint 1 continuously for a further 2 weeks.

You can use your hand for light activities only as advised by your therapist.

Week 6

Discontinue all splinting during the day as discussed by your therapist. You may be advised to continue night splinting for a further 2 weeks. You will be instructed to start to use the hand for progressively heavier tasks. Return to work if your job is sedentary.

Week 8

You may drive

Week 12 onwards

Return to all function and sports as discussed with your therapist.

During the course of your treatment, other exercises or advice may be given dependant on your injury and progress. This may include scar management and/or alternative methods. These will be explained.

Worcestershire Royal Hospital

Occupational Therapy	01905 760683
Physiotherapy	01905 760187
Highfield Unit	01905 760462

Alexandra Hospital

Occupational Therapy	01527 512146
Physiotherapy	01527 512114

Kidderminster Hospital

Physiotherapy	01562 823424 (Ext 53701)
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Your therapist is _____

CONSENT TO TREATMENT

Following assessment, your therapist will discuss treatment options with you explaining the benefits and any risks (if any).

Your therapist will ask for your verbal consent before commencing assessment and treatment and in certain situations, you may be asked for written consent.

Information about you is recorded and used to support planning, delivery and monitoring of your care. This information, typically anonymised, may also be used to support NHS planning, teaching and research.

**Produced by the Occupational Therapy & Physiotherapy Departments at
Worcestershire Acute Hospitals NHS Trust.**

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.