

Flexor Tendon Repairs

Your flexor tendons are responsible for bending your fingers towards your palm. Your repaired tendon is held together by delicate stitches; therefore, it is weak.

Following surgery, you will need to wear a splint continually for up to five to six weeks. This will protect the tendon. You should not use your hand for any activity except for the exercises taught by your therapist. These gentle exercises will prevent the tendon sticking to surrounding tissue as it heals and also gradually strengthen the tendon. Therapy usually starts 7 - 10 days after your surgery

Exercises - as advised by your therapist



1. Using the other hand bend each finger individually towards the palm.



2. Gently bend your fingers towards the palm. Ensure that movement occurs at all your finger joints.



3. One finger at a time, take the finger forward as far as you can from the knuckle. Keep it there while you gently straighten your finger at the middle joint.

- your stitches are usually removed two weeks after your operation
- the splint will usually be removed five to six weeks after your operation
- control of swelling and prevention of stiffness of the unaffected joints is also essential
- when resting, keep your hand across your chest to help the swelling to drain. Bend and straighten your elbow, and stretch your arm above your head regularly (without moving your wrist or fingers).

As your tendon heals, your therapist will advise you when you can return to 'normal' day to day activities.

Timescales:

Return to work:

- Light (clerical) 6 weeks
- Medium (retail) 10 weeks
- Heavy (building/engineering) 12 weeks

Driving:

- Car & Motorbike - 10 weeks
- HGV 12 weeks

Return to sports 10-12 weeks

If you have any problems, please do not hesitate to contact your therapist on:

Doncaster Royal Infirmary - 01302 644207
 Bassetlaw Hospital - 01909 572302
 Montagu Hospital - 01709 649190
 Retford Hospital - 01777 863400

Patient Advice & Liaison Service (PALS)

The team are available to help with any concerns, complaints or questions you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person between the hours of 9am-3pm, by telephone or email.

The contact details are:

Telephone: 01302 642764/642767 or 0800 028 8059
 Email: dbth.pals.dbh@nhs.net