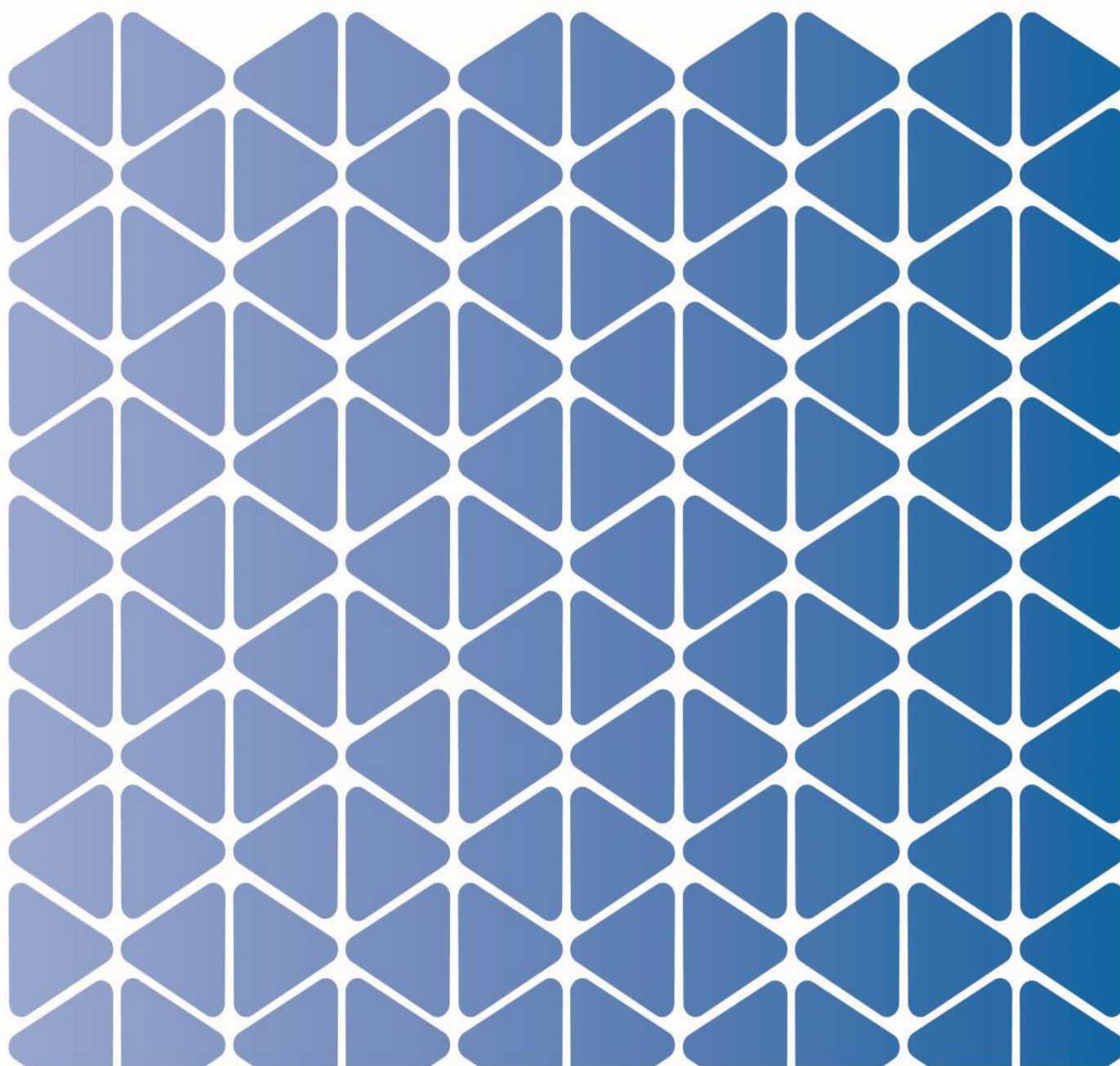


PATIENT INFORMATION

**EXTENSOR TENDON REPAIR
TO THE THUMB**

General advice

You have damaged the tendon which runs down the back of your thumb and enables you to straighten the thumb. After surgical repair the tendon needs to be protected to avoid rupture. The following advice allows healing to occur.

Splinting:

Your therapist will provide/ fabricate a splint to protect the repair. You are required to wear your splint at all times. Please refer to the splint leaflet for detailed instructions on how to care for your splint.

Hand Hygiene

To wash your hand, place it on a firm surface. Carefully remove the splint whilst keeping your thumb straight and supported. Use non-perfumed wipes to wash your hand. Do not wash across any unhealed wounds. Ensure your hand is dry before reapplying the splint.

DO:

- Freely move your shoulder, elbow and non-injured digits.
- Elevate/ position your hand on a pillow whilst resting or sleeping to reduce swelling.
- Cover your splint with a plastic bag whilst showering.

DON'T

- Do not use your hand for any activity other than the exercises shown by your therapist.
- Do not drive.

Scar management advice:

When sutures are removed and the wound is fully closed with no sign of infection, scar massage can commence. If dissolvable sutures have been used, scar massage can commence 2 weeks post-surgery, providing the wound is fully closed without sign of infection. Use a non-perfumed moisturiser to apply circular motions along the scar. Apply pressure as tolerated.

Exercises:

The exercises may cause some discomfort. However, they should not provoke sharp sudden pains. If your pain is uncontrollable whilst exercising, or the pain is sharp in nature, discontinue the exercise and contact your therapist.

Exercise 1:



Use you non-affected hand to lift your thumb off the splint.

Reps : _____ Frequency: _____

Exercise 2:

Lift your thumb off the splint as in exercise 1, but without the support of your non-affected hand.

Reps : _____ Frequency: _____

Exercise 3:



Lift your wrist off the splint and support the base of the thumb as demonstrated in the picture. Bend and straighten the tip of your thumb.

Reps : _____ Frequency: _____

Therapy programme:

Week 1-6

Carry out exercises 1-2-3 and splinting regime as instructed by your therapist. Do **not** use you hand in any activities of daily life as this will add pressure to the repaired tendon.

Week 6-8

You may discontinue splinting during the day; however, your therapist may advise you to wear the splint for a further period at night time.

You will be instructed to start using hand for light tasks. Your therapist will provide further exercises to regain your range of motion in the thumb.

Week 8

You may recommence driving, provided you are able to hold the steering wheel in a stable position.

Week 12

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.

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.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

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