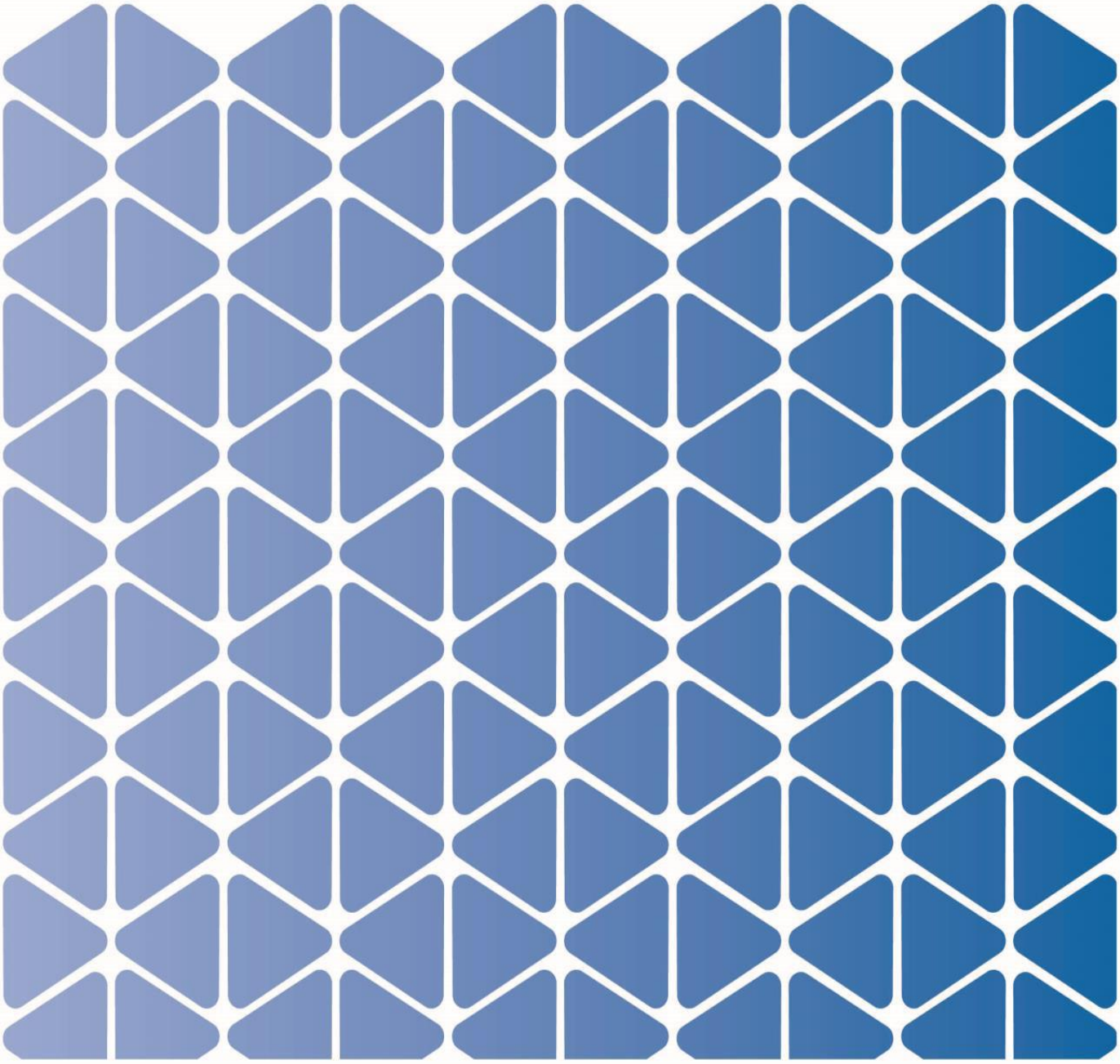
NHS
Worcestershire Acute Hospitals NHS Trust

PATIENT INFORMATION

EXTENSOR TENDON REPAIR ZONE V - VII



OCCUPATIONAL THERAPY & PHYSIOTHERAPY AFTER CARE

ADVICE FOR PATIENTS

You have damaged the tendon which runs down the back of your hand and enables you to straighten your fingers. After surgical repair the tendon needs to be protected to prevent rupture. The following information allows healing to occur, but you must also attend therapy treatment.

SPLINTING

You will be required to wear a forearm-based splint, keeping your wrist and fingers in an extended position. You will need to wear this splint continuously to protect the repaired structures. Your therapist will instruct you how to look after your skin and perform gentle exercise whilst wearing the splint. Please refer to the splint leaflet for detailed instructions on how to care for your splint.

HAND HYGIENE

To wash your arm/hand, place your forearm on a firm surface remove the splint keeping the digits/wrist in the position as when in the splint. Using non-perfumed soap or wipes; wash the arm down from the elbow towards the fingers. Do not wash across any unhealed wounds. Use wipes to clean in between fingers.

Ensure the arm is dry before reapplying your splint.

DO

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

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

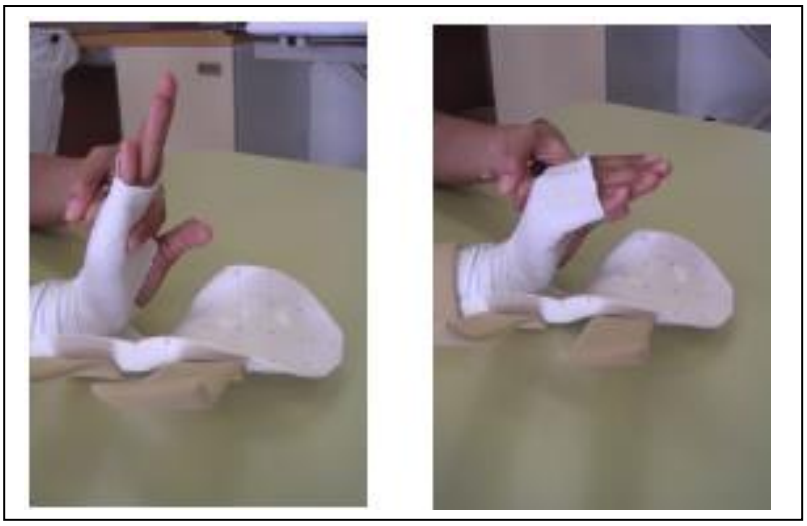
Exercises need to be carried out whilst wearing your splint. Remove hand and finger straps only. The exercises may cause some discomfort. However, they should not provoke sharp pain. If your pain is uncontrollable whilst exercising, or the pain is sharp in nature, discontinue the exercise and contact your therapist.

- *Exercise 1*
  Passively lift individual fingers into full extension, sustained hold for 10-20 seconds and relax into splint.

- *Exercise 2*
  Actively extend each individual finger.

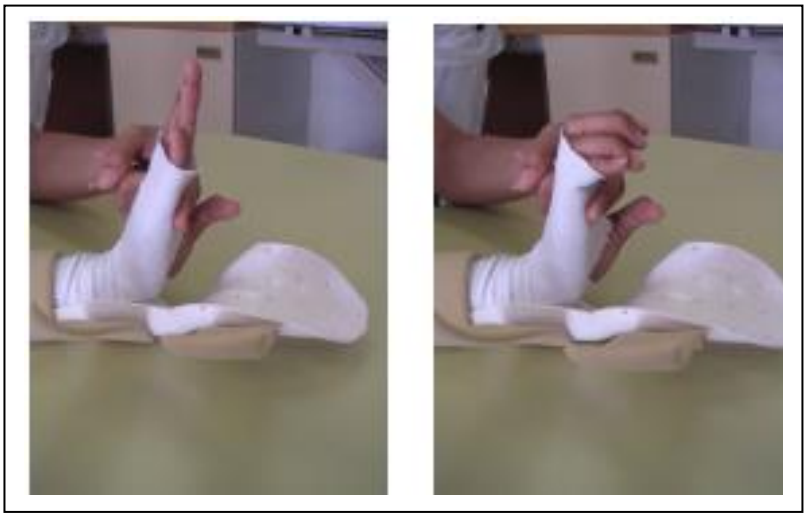
- *Exercise 3*

  Passively extend wrist and bend from the knuckles keeping your fingers straight.



- *Exercise 4*

Passively extend wrist and make a claw with the tips of your fingers, keeping your knuckles straight.



EXERCISE REGIME

Frequency: _____ **Repetitions:** _____

During your treatment, other exercises or advice may be given dependant on your injury and progress. These will be explained by your therapist.

THERAPY PROGRAMME:

Week 1-4

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

Week 4 - 6

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

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

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 may drive, provided you are able to hold the steering wheel in a stable position.
You will be instructed to start to use the hand for gentle then progressively heavier tasks.
Return to work if your job is sedentary.

Week 12 onwards
Return to all function and sports as discussed with your therapist.

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)

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.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.