

Information Flexor Tendon

During the surgery your tendon has been stitched. It is important to not put too much load on the stitched tendon. However, the tendon should be moved to avoid adhesions with close structures. For this reason you have a splint which keeps your hand in the right position and relieves your tendon(s) from too much load. In addition, you get a home exercise program explaining how you should move your hand for training.

Wearing time of the splint

5 Weeks, 24 hours a day. if it is necessary, wear the splint during night time for 3 additional weeks. During night time fix your fingers on the splint with the band.

Home exercises

5x a day:
Move your shoulder, elbow and fingers.



Exercises day 1–7

Every hour 10 repetitions:
Bend your thumb **passively** without too much force and extend it actively back to the splint.

Bend your thumb **actively** to the tip of your middle finger and extend your thumb actively back to the splint.



From day 8–14

Same exercises as day 1–7, but bend your thumb to the base joint of your ring finger without too much force.



From Week 3–5

Same exercises as day 1–7 but bend your thumb to the base joint of your little finger.



From Week 6–8

Do not use the splint anymore. Use your hand **without effort** in your daily life. Do 10 repetitions of the following exercise every hour: Bend and extend your thumb while your wrist is at straight. Bend and extend your wrist with relaxed fingers.

From Week 9

Light work and driving a car
(As discussed with your doctor).

From Week 13

Full force is allowed.

Attention/Caution

- Due to special circumstances this exercise program may be changed if your doctor or surgeon says so.
- Look out for pressure marks from the splint and inform your therapist.
- If your hand is swollen, elevate it.
- While taking a shower, protect your hand and splint with a plastic bag.