

## Care of your Extensor Tendon Injury - Central Slip

### Introduction

You have injured the tendon that straightens your finger. This has been repaired but it will not be strong for 3 months. While it is weak it needs to be protected in a splint.

### Activities and working

You may be off work for 3 months if you use your hand for heavy manual work. Your therapist will advise you about when you can return to work. You may be able to drive following your injury, but as you will be wearing a splint you need to ensure you can safely do so and that your insurers will cover you.

**If you are unsure of anything ask your therapist.**

### Wearing your splint

- The splint is fitted to prevent you bending your fingers, so that the repaired tendon is protected.
- If your hand and splint get wet, remove the splint (keeping the affected joint straight), then dry the splint and finger thoroughly before putting the splint back on.
- If the splint comes into contact with any form of heat e.g. hot water, sitting in front of the fire/radiator, it will become soft and lose its shape.
- If you have been given a different splint for day and night (or for exercises) make sure you keep your finger straight and supported as you change between them.

### Do's and don'ts

- ✓ **Do** keep your hand elevated at all times to reduce swelling.
- ✓ **Do** keep your unsplinted joints moving to prevent them becoming stiff.
- ✗ **Don't** take your splint off until advised to by your therapist.
- ✗ **Don't** use your injured hand at all until advised to by your therapist.
- ✗ **Don't** drive your car or ride a bike.
- ✗ **Don't** hang your hand down by your side as this will cause it to swell.
- ✗ **Don't** attempt to clean your hand.

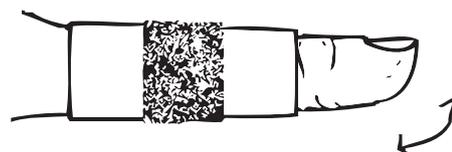
### Exercises and splints

You will need to do some exercises regularly through the day to stop your hand getting stiff and sore.

**Only** do the following exercises with your injured hand:

#### 1. In your cylinder splint

- i) Bend the tip of your finger as far as you can. Hold for a second or two. Straighten.



Repeat  times

- ii) Bend your big knuckle as far as you can. Straighten.

Repeat  times

## 2. In your exercise splint

(if you have been asked to do this)

Hold the splint in place. Bend your wrist forwards slightly. Point your finger straight. Hold for a second or two. Then gently bend it down to the splint.



Repeat

times

**If there is a sudden decrease in your finger movement, or the splint is causing any discomfort or is damaged, contact your therapist.**

## Contact numbers

Hand Therapy Team:

**01392 402429**

Therapist:

If you have any problems over a weekend or after 5pm Monday – Friday, you will need to contact Otter Ward on **01392 402807** or attend the Emergency Department.

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