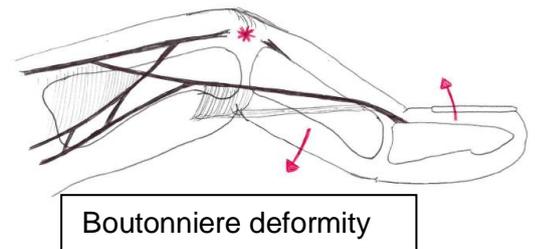


# Hand Therapy after Central Slip Repair - Immobilisation

This leaflet explains more about the surgical repair of the central slip tendon and how to make sure you have the best possible recovery. If you have any further questions or concerns, please speak to your therapist.

## What is the central slip?

The central slip tendon that you have had repaired enables you to straighten the middle joint of your finger. Without the central slip working your finger may develop a deformity called a boutonniere (button-hole).



Following the instructions below will help make sure you get as much movement back as possible.

## What is immobilisation?

Immobilisation involves keeping the middle joint and end joint of your finger straight full-time for three weeks following surgery. This allows the tendon to heal before starting to move the joint. A moulded plastic splint will be made for you to keep the finger straight.

## Looking after your splint

A thermoplastic splint (supporting device) has been made for you to help protect your repaired tendon(s).

It is important that you wear your splint **at all times** (even when sleeping) for three weeks after your operation.

Date of removal \_\_\_\_\_.



Do not remove the splint before speaking to your therapist.

It is important that you do not get your splint hot or wet. Do not try to alter it in any way, or take it off for any reason, as this can increase the risk of damaging the repair to your fingers.

## Looking after your wound

Your wound will be left with minimal or no dressings to help with healing.

The stitches will be removed by a nurse at your GP surgery or in the hand unit 10–14 days after surgery (if applicable).

To prevent infection, you must keep your wound clean and dry until it is healed.

## Will I be in pain?

You may have some mild pain after surgery and during your exercises. This is a normal part of recovery. Please take any pain killers you have been given as prescribed by a doctor.

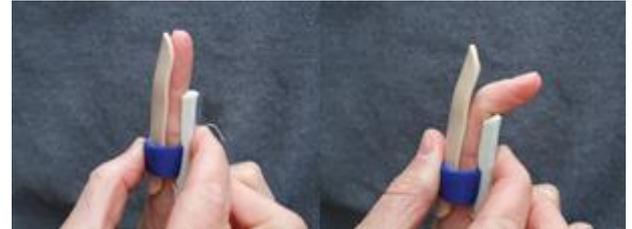
## Your exercises

**For all exercises please keep your wrist bent gently forwards (see right).**



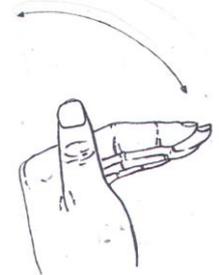
### Exercise 1:

Using your un-injured hand support the middle joint of your finger in the splint. Then using the muscles of your injured hand, gently bend the top joint of your finger.



### Exercise 2:

With your splint on your finger, using the muscles of your injured hand, gently bend the big knuckles as far as you can.



## How often should I do my exercises?

Please complete each exercise \_\_\_\_\_ times and hold for \_\_\_\_\_ seconds each time.  
Repeat \_\_\_\_\_ times a day.

## Additional instructions

### Swelling

Swelling (oedema) is the body's normal response to an injury or surgery. It is important to minimise this by keeping your hand elevated as much as possible. Your therapist may also give you a compression wrap to wear over your finger to assist with reducing the swelling. Please use the compression wrap as follows:

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## What else should I do and not do?

- You should use your unaffected fingers for light activities only.
- Do not drive until eight weeks following surgery.
- No contact sports or heavy lifting until twelve weeks following surgery.

## Contact us

If you have any questions or concerns about the information provided in this leaflet, please feel free to discuss them with your therapist at your next appointment. For more urgent queries the team can be contact in the **treatment enquiries** phone number listed below.

Your therapist's name is: \_\_\_\_\_

**Treatment enquiries:** 020 8725 1038 (answer phone only)

**Appointments:** 020 8725 3000

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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