

Hand therapy following finger extensor tendon repair

Instructions for ICAM regime week 5 onwards

This leaflet is for patients who have had an extensor tendon repair to their finger or fingers and explains what to do to help your recovery. If you have any further questions, please speak to a doctor or nurse caring for you.

What is ICAM?

ICAM stands for Immediate Controlled Active Motion and is when you exercise (flex and extend) your repaired finger or fingers.

The tendon or tendons that you have had repaired allow you to straighten your fingers and you must exercise them to help the tendon glide again and to stop stiffness.

It is also very important not to over-exercise the finger or fingers to make sure the tendon repair is not damaged.

Before you start

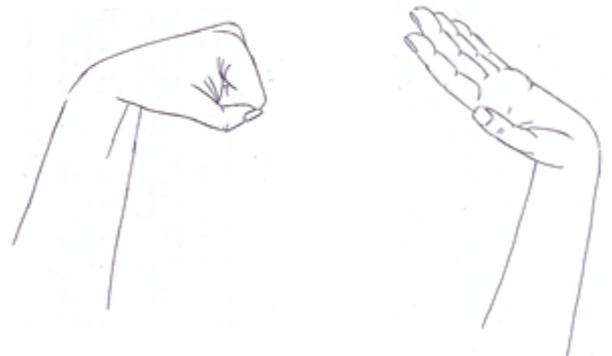
You need to follow these instructions for looking after your **splint and your wound** before beginning your exercises.

- **Splints**
You may now take off the **wrist section** of your splint only and don't need to wear this section at all anymore.
- You must still wear the **finger section (yoke)** of your splint for two more weeks when sleeping and for protection in crowded places or places where there may be a risk to your injury e.g. at work.
- **Scar**
It is important to massage your scar to stop it sticking and stopping your fingers moving fully. Use a water-based cream to massage the scar in a deep, circular motion for up to **30 minutes** a day.

Exercises

Make sure you do your exercises exactly as your therapist has said, to help get your fingers working as well as they possibly can again after your surgery.

1. Bend your wrist forwards and curl your fingers into your palm.
2. Bend your wrist backwards and straighten your fingers



How often should I do my exercises?

Complete each exercise _____ times and hold each position for _____ seconds.

Repeat _____ times a day.

Carry on using your hand for light, clean activities. Do not handle things weighing more than **two to three** kilograms each. Try to use your hand in day-to-day activities as much as you can.

Other instructions

General instructions

- **Do not** push your fingers into a bend as this could damage your repaired tendon
- **Do not** over work your hand during exercises or light activities
- Only exercise as instructed by your therapist
- **Do not** drive.

Contact us

If you have any questions or concerns about hand therapy following finger extensor tendon repair, please talk to your therapist at your next appointment. For urgent questions, contact treatment enquiries on 020 8725 1038 (answerphone, please leave a message). For appointments contact 020 8725 0007.

Your therapist's name is _____

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 Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** 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

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

