

Early Active Motion following Wrist Tendon Repair

This leaflet explains how to protect your tendon repair and the exercises which will optimise your potential recovery after wrist flexor or extensor tendon surgery. If you have any further questions, please speak to the therapist caring for you.

The tendon or tendons you have had repaired help your wrist to bend forwards and backwards. Following the instructions below will help make sure you get back as much movement as possible.

What is early active motion?

Early active motion is a set of exercises around bending and straightening the affected fingers (but not the wrist) following your wrist tendon repair.

Moving and exercising your fingers is essential to prevent stiffness after surgery. Movement has also been shown to promote better tendon healing, however it is very important not to over-exercise your fingers, as this may damage the tendon repair. Therefore, **please ensure that you only exercise as instructed by your therapist.**

Following your therapist's instructions will help you to get as much movement as possible back into your fingers, over time.

Looking after my splint

A thermoplastic splint has been made for you to help support and protect your repaired tendon(s). You must always wear your splint (**even when sleeping**) for four weeks after your operation. Do not remove the splint without the advice of your therapist.

You **must not** get the splint hot or wet, try to alter it in any way or take it off for any reason (including when sleeping and bathing) as this can increase the risk of damaging the repair. You must wear the splint full time until _____.

Looking after my wound

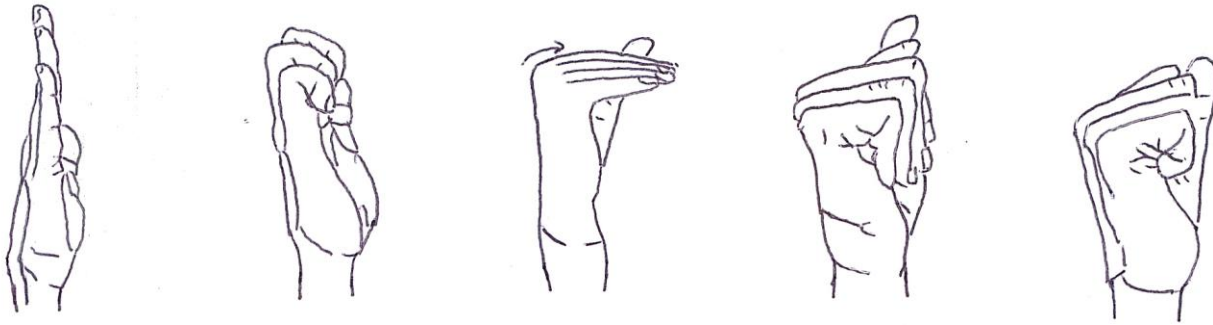
To aid your recovery, your wound will be covered with minimal or no dressings. It is important to follow the instructions provided by your nurse. Your dressings must not get wet so take care that they avoid water when washing and showering. Some sutures dissolve and some need to be removed; your nurse will inform you on the type you have and where to have them removed if needed. If you have any concerns about your wound please contact the Hand Unit.

Will I be in pain?

You may have some mild pain after your operation 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.

Will I need to do any specific exercises?

Complete the following movements in the order below, **while wearing your splint**.



How often should I do my exercises?

Please complete the set of exercises above _____ times, holding each position for _____ seconds. Repeat this _____ times each day.

Additional instructions

What else should I do or not do?

- **DO NOT** remove your splint.
- **DO NOT** drive until advised by your therapist or doctor.
- **DO** keep your hand elevated (lifted above your heart) as much as possible.
- **DO** start to use your hand for light activities. If you are lifting objects, they should weigh no more than one kilo (two lbs.).

Contact us

If you have any questions or concerns about recovery, please feel free to discuss them with your therapist at your next appointment. For more urgent queries the team can be contacted on the treatment enquiries number listed below. **Your therapist's name is**

Treatment enquiries: 020 8725 1038

Appointments: 020 8725 0007

Or scan
here



For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit 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

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

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (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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