

Early Active Motion following Wrist Tendon Repair

This leaflet is for patients who have had a wrist tendon repair and who are under the care of St Georges' Hospital. It explains what you can do to ensure the best possible recovery. 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?

The tendon(s) that you have had repaired enable you to bend your wrist. Early active movement allows you to exercise in a protective splint after repair. Exercising is important for preventing stiffness and encouraging the tendons to glide after surgery, however it is also very important that you do not over-exercise as this may damage your surgical repair.

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

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

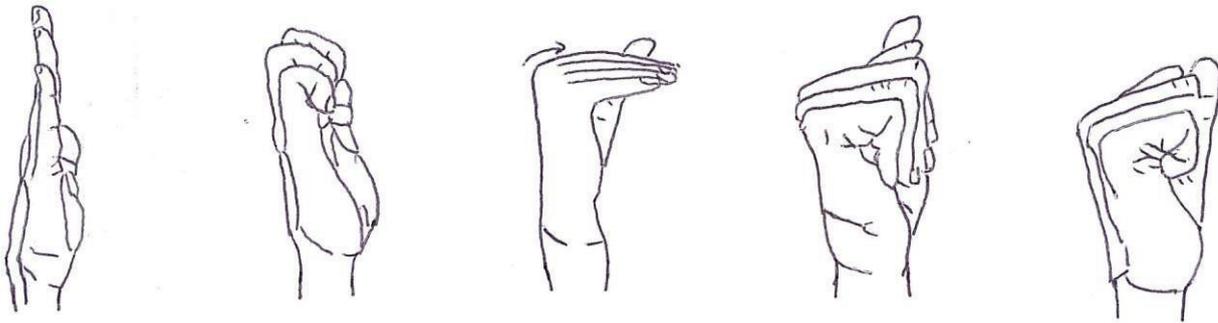
If your stitches need to be removed, this can be done either by a nurse at your GP surgery or in the Hand Unit, 10 to 14 days after surgery. If you are unsure, please confirm with your therapist. To prevent infection, you must keep your wound clean and dry until it is healed.

Will I be in pain?

You may have some mild pain after 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 these _____ 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 advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

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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