

# Thumb Flexor Tendon Repair - Post-operative Exercises - Stage 2

Physiotherapy & Occupational Therapy

## Who is this leaflet for?

This leaflet is for patients who have had an operation known as a flexor tendon repair and who have already completed the Stage 1 exercises.

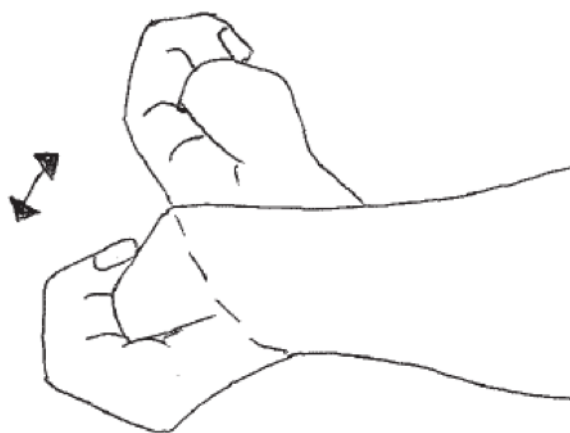
If you have not yet completed the Stage 1 exercises, please do not attempt the Stage 2 exercises described in this leaflet – speak to your therapist.

## What are the Stage 2 exercises and what should I do in this phase?

Once your therapist has advised that it is appropriate for you to do so, you can move on to Stage 2. In this phase you can remove your splint every four hours to carry out the additional exercises described below.

You may also wash your hand, as long as you are careful not to stretch the wrist and fingers straight. Thoroughly dry the hand and then gently massage with a non-scented hand cream, particularly around the scar.

### Exercise 1:



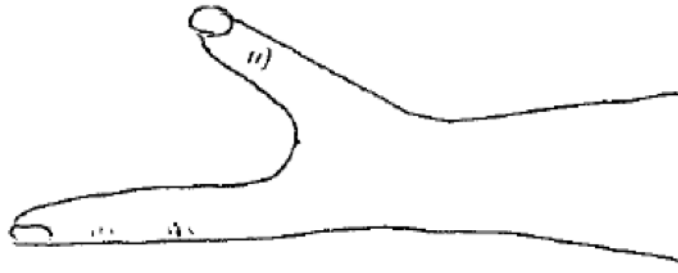
With your thumb bent into the palm and your fingers held in a fist over the thumb, gently bend your wrist backwards and forwards. Be careful not to push the wrist back with the other hand.

Repeat five times.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

**Exercise 2:**



With your wrist held in a straight position, fully bend and straighten your thumb. Remember – do not push the thumb straight with the other hand.

Repeat five times.

**Are there any side-effects or precautions for the exercises?**

If the splint should become uncomfortable, or you suddenly lose movement in your thumb, please contact your therapist as soon as possible. You may also contact your consultant's secretary. Do not remove the splint.

**Who can I contact if I have any concerns or questions about my treatment?**

If you have concerns or queries about any aspect of these exercises or your splint, please contact your therapist.

**Name of therapist:**

.....

**Contact telephone number:**

.....

**Out of hours / emergency contact details:**

.....

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。