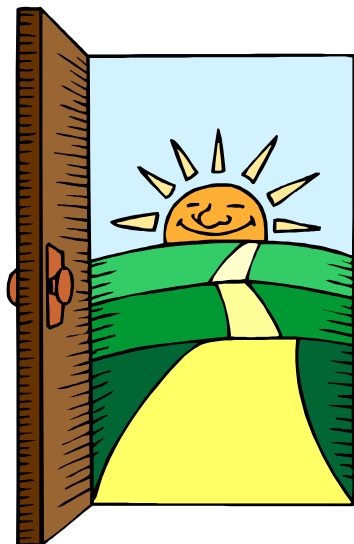


# Central slip injuries - rehabilitation (page 1 of 2)



Patient Label

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customercare@salisbury.nhs.uk](mailto:customercare@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

Name: Cheryl Groom  
Role: Senior Physiotherapist  
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Around 6-8 weeks after your central slip injury it will be re-assessed to see whether it has healed enough to allow the middle joint on your finger to fully straighten. If your finger is able to fully straighten, then you will begin your exercise programme to help get the top and middle joints of the finger bending and straightening. As you move your finger your tendons glide in your hand, but after tendon injury or surgery they do not glide well enough. The following exercises will help your tendon to glide better as it continues to heal.

You will have 1 or 2 exercise splints made for you:

When removing your resting splint and putting on either of the exercise splints it is very important for you to put your hand flat on the table and slide one splint off and slide the next one on.



**Splint A:** a shorter gutter splint that allows you to bend and straighten the tip of your finger only.

You will need to do this exercise every hour 10-20 times.



**Splint B:** a gutter splint that allows you to bend the top two joints of the finger to a specific angle.

You will need to place the splint at the base of your finger and bend your finger down to meet the splint and then straighten your finger back to the starting position. Complete this exercise every 2 hours, doing it 5 times.



It is very important to ensure you are able to fully straighten the middle joint on your finger and if you are unable to do so you must stop doing the exercises and put your resting splint back on. You must then contact your therapist for advice.

After you have finished your exercises you must put your resting splint back on.

You will need to attend for further hand therapy sessions as the angles on the splint will need to be increased gradually as more movement is permitted. It is important that you do your exercises regularly and as you have been taught. If you do not do your exercises as instructed you may not regain the expected full movement.

## Useful numbers

**Plastic Dressing Clinic** - for any concerns regarding your wound, dressing, infection, dressings appointments

01722 336262 ext 3254 (normal working hours)

**Odstock Ward (Plastics and Burns Ward)** - for any concerns out of normal working hours

01722 336262 ext 3507