

## Advice and Exercise Sheet Plastics Hand Therapy

# Digital Nerve Repair

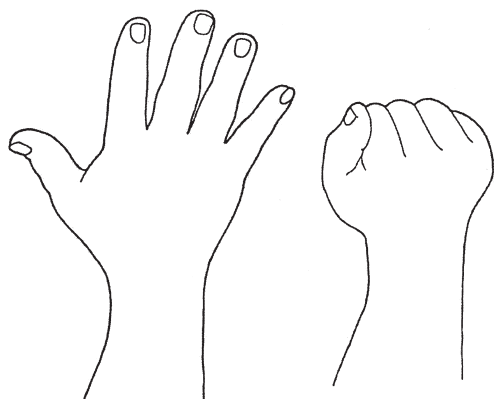
### Introduction

You have been referred to Hand Therapy following surgery to repair the nerves in your finger.

It is important that you attend your Hand Therapy appointments and follow the advice given to gain the best movement and function in your hand.

### Exercises

1. Straighten the fingers out but do not over extend them or push them back. Then gently make a fist. Help the finger tips towards your palm using your other hand, then try to keep them there.



2. Touch the tip of your thumb to the tip of your little finger, then slide your thumb down to the base of your little finger as far as able. Then bring your thumb back and out to the side (as far away from your index finger as possible).



**Repeat these exercises 10 times every hour during the day.**

### For the first 2 weeks

- If your hand is swollen keep it elevated.
- Keep moving your unaffected joints.
- Do not over straighten your fingers for the first 3 weeks, eg. by leaning on an outstretched hand.
- If you have been fitted with a splint - continue to wear it as instructed by your therapist.

### After 2 weeks

- Once healed, firmly massage and then moisturise your scar 4 times a day for 5 minutes or so. Continue with scar massage until it is fully soft and mobile.
- Touching, tapping and exposing the numb area of your finger to different textures may help normalise the sensation as it recovers, and should help make it less sensitive.
- Return to light work and driving once healed and comfortable.
- Gradually return to heavier work or sports after 3 weeks.
- Continue to protect any numb areas of skin from hot or sharp objects that you may not be able to feel.

If you have any concerns regarding pain, movement or scarring please contact your therapist.

## Contact numbers

Hand Therapy team ..... **01392 402429**

**Therapist**

If you have any problems over a weekend or after 5pm Monday-Friday you will need to contact Otter ward on **01392 402807** or attend the Emergency department.

## Special instructions - notes

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