

Sagittal band injury



Information for patients

MSK Outpatients - Hand Therapy



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



The aim of this booklet

By following the instructions / treatment advice given by your therapist, and in this booklet, you can help to improve movement in your hand following surgery/injury. However, as with any treatment, results can vary depending upon individual circumstances.

If you have any queries about your therapy, please do not hesitate to ask.

Your therapist will guide you through this booklet and advise you when to start the exercises.

Your therapist is:

Therapy telephone: 0114 2715799

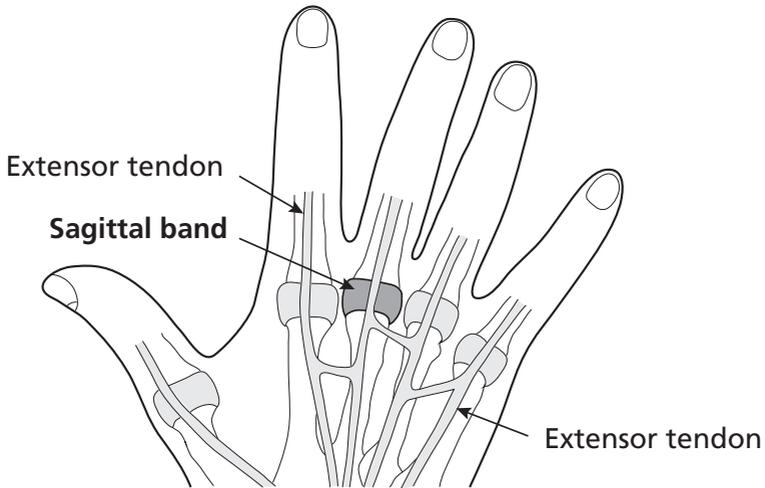
General advice

What are sagittal bands?

Sagittal bands are small structures that maintain the alignment of the extensor tendons located on the back of the hand at the knuckles.

(T.Skirven et al. Rehabilitation of the hand and upper extremity, Elsevier. 2011)

Diagram showing the sagittal bands on the back of the hand



How long will my hand take to recover?

It takes about 8-10 weeks for the sagittal band to recover full strength.

Is there anything I should avoid?

- Do not remove the splint until instructed by your therapist
- Do not drive until you talk to your insurance company
- Do not use your hand (until instructed by your therapist)



This is an example of the splint.

Please note your splint may vary depending on the finger/s you have injured.

Why do I need to wear a splint?

You will be fitted with a splint to protect the injured area as it heals.

How long will I wear the splint?

The splint needs to be worn all the time for approximately 3 weeks or longer if advised by your therapist.

What do I do if my splint is uncomfortable?

Please do not remove or alter the splint yourself as this may cause further injury to your sagittal band. Further injury could result in a delay in healing or further surgery.

It is important that your splint is comfortable to wear.

If any of the following occur contact your therapist as soon as possible:

- Pins and needles sensation
- Pain caused by the splint
- Any areas of pressure
- Defects in the splint

- Any changes in your circulation, e.g. changes in colour or temperature of your hand
- Any increase in swelling

What can I do about swelling?

It is common for your hand to swell following injury. Keep your hand raised above the level of your heart where possible.

What can I do 3 weeks following my surgery/injury?

Your splint may be removed at this point, however, your therapist may instruct you to wear it longer if you are still in pain or for protection.

What can I use my hand for?

You will be instructed by your therapist when to start using your hand for very light activities, for example getting washed, dressed or eating.

What can I do about scarring?

If you have had a surgical repair it is important to care for your skin and scar to improve its appearance and prevent complications.

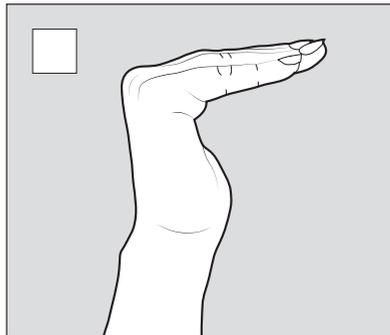
Only follow this instruction if your wound is fully healed, or your therapist instructs you otherwise.

Massage your scar with a non-perfumed moisturising cream, for example Nivea, Diprobase, E45 or baby lotion.

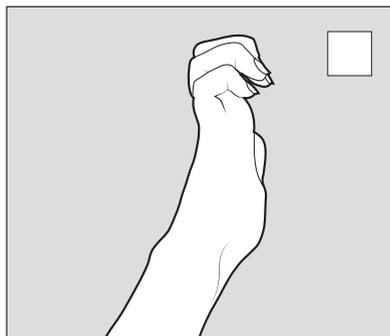
What exercises should I do?

Once your splint has been removed you should complete the following exercises as instructed by your therapist:

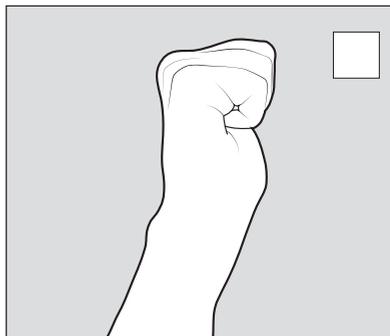
1. Keeping your fingers straight, bend at the knuckles and then straighten again.



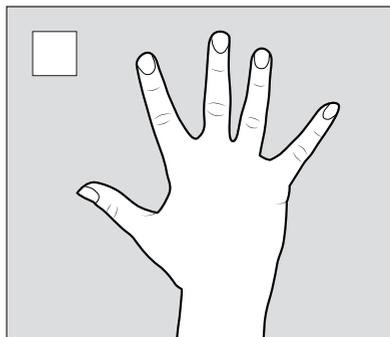
2. Bend the tip and middle joints of the fingers and then straighten.



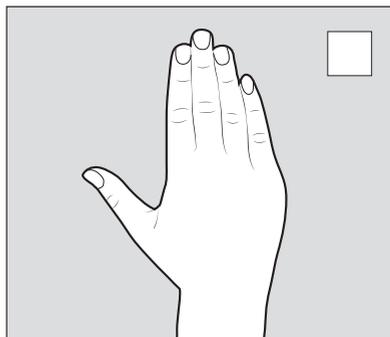
3. Make a fist then straighten fingers



4. Spread your fingers apart.



5. Bring your fingers together.



Week 6

What can I do 6 weeks after my injury?

You may now use your hand for moderate activities, such as:

- House work
- Light clerical duties
- Cleaning the car
- Playing pool / snooker / darts
- Cooking
- Picking up a large drink

Note: you may need to wear your splint to support with some tasks initially.

Week 8

At this stage you should be able to stop using your splint completely. You may require some advice on strengthening the hand and grading your return to certain activities e.g. heavy lifting, contact sports.

If you have any questions or problems regarding your hand injury please contact your therapist on:

0114 226 6457 or 271 5799

If they are not available immediately, please leave a message and they will return your call.



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