

Intervention for Tendon Injuries



When a person experiences a tendon injury in the hand that affects the ability to flex or extend the hand properly and in a safe way, he or she likely will have a difficult time completing everyday tasks, such as bathing, dressing, grooming, eating, using the bathroom, and attending to chores at home and at work. Every person's injury is different and the rate of recovery depends on the severity of the injury.

Occupational therapists who specialize in hand therapy can provide rehabilitation intervention that enables the hand to function well and prevent further injury.

What can an occupational therapist do?

- **Evaluate** the client's injury following care by an orthopedist to coordinate treatment plans and determine the course of intervention.
- **Analyze** the client's environment at home and work to identify potential barriers to the client's performance.
- **Fabricate** a protective splint for the injured part of the hand and teach the client how to manage daily activities while wearing the splint.
- **Recommend** a home exercise program that will facilitate healing and optimum use of the hand.
- **Apply** techniques to reduce swelling, prevent further injury, care for wounds, and improve movement.
- **Show** the client how to complete activities safely and independently while the hand is being rehabilitated.
- **Incorporate** the client's goals and desires into the treatment plan.

What can a person with a hand tendon injury do?

- **Implement** a home exercise program recommended by the occupational therapist.
- **Learn** how to improve coordination to increase the use of his or her hand under the supervision of an occupational therapist.
- **Strengthen** the hand and progress toward full use of the hand.
- **Set** short- and long-term rehabilitation terms upon consulting an occupational therapist and other health professionals.
- **Learn** how to perform daily activities, such as dressing, grooming, and driving, in a safe manner while the hand is being rehabilitated.

Need more information?

A person with a hand tendon injury should be properly rehabilitated before engaging in everyday tasks. If you would like to consult an occupational therapist, practitioners are available through most hospitals, community clinics, and medical centers.

Occupational therapists and occupational therapy assistants are trained in helping both adults and children with a broad range of physical, developmental, and psychological conditions. Practitioners also help clients in wellness techniques that may prevent injury and disease. Contact your local health officials for more information.