

TENDON REPAIR

If you have a tendon or multiple tendons repaired by Mr Khandwala, he will advise you on the best mode of therapy, splintage and mobilisation. You will be referred to a hand therapist who will guide you through the various exercises. You will also have a splint which protects your tendon repair. It is important to remember that tendons take 12 weeks to reach normal strength. Depending on the nature of your injury and tendon repair, you will be advised as to the best and optimal time for splintage and mobilisation. You will also be given instructions on when to start driving. It is easy to break a tendon repair following surgery and you must be especially careful about this. However, leaving a tendon immobile is not advisable as a stuck tendon will give you a poor result. It is therefore important to follow the therapist's advice.

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