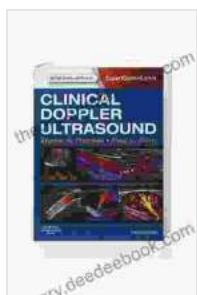


Tendon Surgery of the Hand: A Comprehensive Guide to Recovery and Results

Tendons are the tough, fibrous cords that connect muscles to bones. They allow us to move our hands, fingers, and wrists. Tendon injuries are common, especially among athletes and manual laborers. If conservative treatment fails, tendon surgery may be necessary to repair the damaged tissue and restore function.



Tendon Surgery of the Hand: Expert Consult - Online and Print

by Jean Claude Guimberteau

★★★★☆ 4.8 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 1540 pages



Types of Tendon Injuries

There are several types of tendon injuries that can occur in the hand. The most common are:

- **Tendon rupture:** This is a complete tear of the tendon. It can occur due to a sudden injury, such as a fall or a blow to the hand.

- **Tendon laceration:** This is a partial tear of the tendon. It can occur due to a sharp object, such as a knife or a piece of glass.
- **Tendon avulsion:** This is a type of tendon rupture that occurs when the tendon is pulled away from the bone. It can occur due to a forceful pull or a sudden jerk.

Symptoms of Tendon Injuries

The symptoms of a tendon injury can vary depending on the severity of the injury. Some common symptoms include:

- Pain
- Swelling
- Bruising
- Difficulty moving the affected hand or finger
- Weakness in the affected hand or finger

Diagnosis of Tendon Injuries

If you think you may have a tendon injury, it is important to see a doctor for a diagnosis. Your doctor will ask about your symptoms and perform a physical examination. He or she may also order an imaging test, such as an MRI or an ultrasound, to confirm the diagnosis.

Treatment of Tendon Injuries

The treatment for a tendon injury will depend on the severity of the injury. Conservative treatment, such as rest, ice, compression, and elevation, may

be sufficient to treat minor injuries. More severe injuries may require surgery.

Tendon Surgery

Tendon surgery is a procedure to repair a damaged tendon. The surgery is usually performed on an outpatient basis, meaning that you will be able to go home the same day. During the surgery, your surgeon will make an incision in the skin over the affected tendon. He or she will then repair the tendon using sutures or other materials.

Recovery from Tendon Surgery

The recovery from tendon surgery can take several months. During this time, you will need to keep the affected hand or finger immobilized. You will also need to perform range-of-motion exercises to help the tendon heal properly.

Tips for Optimizing Your Recovery

There are several things you can do to optimize your recovery from tendon surgery. These include:

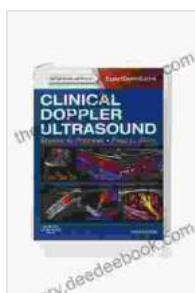
- **Follow your doctor's instructions.** This includes taking all of your medications as prescribed and attending all of your physical therapy appointments.
- **Keep the affected hand or finger immobilized.** This will help to prevent the tendon from re-injuring.
- **Perform range-of-motion exercises.** These exercises will help to improve the flexibility and range of motion in the affected hand or finger.

- **Avoid smoking.** Smoking can slow down the healing process.
- **Eat a healthy diet.** Eating a healthy diet will help to ensure that your body has the nutrients it needs to heal.

Results of Tendon Surgery

The results of tendon surgery can vary depending on the severity of the injury and the individual patient. However, most people who undergo tendon surgery are able to regain full function of the affected hand or finger.

Tendon injuries are common, but they can be treated successfully with surgery. If you are experiencing symptoms of a tendon injury, it is important to see a doctor for a diagnosis. Early diagnosis and treatment can help to improve the outcome of your recovery.



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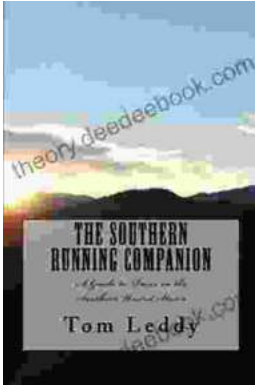
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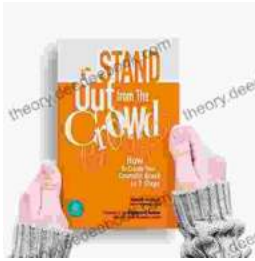
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