

Flexor Tendon Injuries

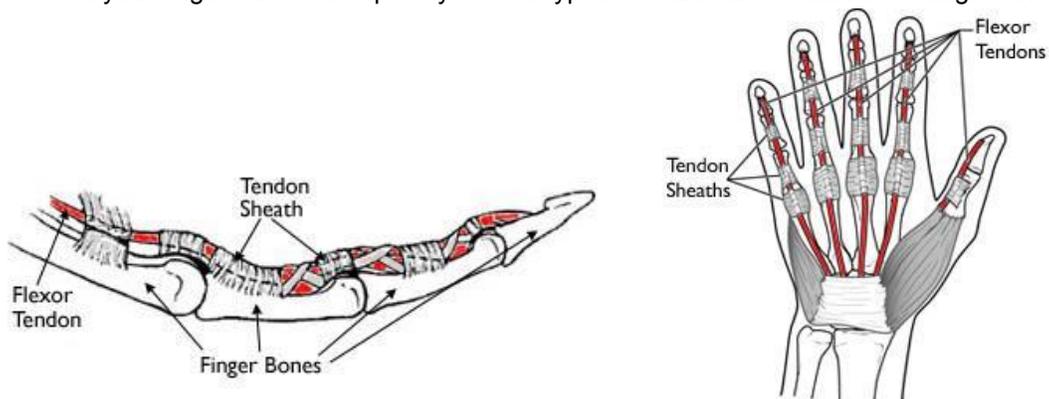
A torn or cut tendon in the forearm, at the wrist, in the palm, or along the finger will make it impossible to bend or more joint in a finger.

Because flexor tendons are very close to the surface of the skin, a deep cut will most likely hit a flexor tendon. In these cases, the tendon is often cut into two pieces.

Like a rubber band, tendons are under tension as they connect the muscle to the bone. If a tendon is torn or cut, the ends of the tendon will pull far apart, making it impossible for the tendon to heal on its own.

Because the nerves to the fingers are also very close to the tendons, a cut may damage them as well. This will result in numbness on one or both sides of the finger. If blood vessels are also cut, the finger may have no blood supply. This requires immediate surgery.

Occasionally, flexor tendons may be partially cut or town. With a partial tendon tear, it may still be possible to bend your finger but not completely. These types of tears can be difficult to diagnose.



Treatment

Your hand may be placed in a splint for protection prior to surgery.

After examining your hand, your doctor may place your hand in a splint for protection.

Tendons cannot heal unless the ends are touching, which does not occur with a complete tear. In most cases, a cut or torn tendon must be repaired by a doctor. This requires surgery.

Surgery is usually performed within 7-10 days after the initial injury. In general, the sooner the surgery is performed, the better the recovery will be.

If your injury is restricting blood flow to your hand or finger, your provider will schedule an immediate surgery.