

Wrist Injury Tendon

Tendons are most commonly injured when they are cut. It is **difficult to assess whether tendons of the wrist have been cut as other muscles can compensate**, making the movement of the wrist appear normal. The tendons lie superficially so any breaches in the skin should be explored. The **tendons of the fingers and thumb also cross the wrist** so a deeper injury can cause dysfunction.

To get optimal results tendon **repairs should be closely supervised with a hand therapist**. Minor injuries may simply be debrided when enough tendon substance remains. In this scenario a splint is not required and you can return to normal activities sooner. **Protection of repairs and partial injuries is often needed for ≥8 weeks**, with normal activities resuming at 12 weeks when tendons are expected to be back at full strength.

