

## INFORMATION FOR PATIENTS

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# Flexion straps

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You have been provided with a tailor-made flexion strap. These are designed to increase your joint range of movement.

If your joints have not been moving normally, it is likely that the tendons and soft tissues around the joints have tightened, which restricts your movement. These tissues may need to be gently stretched which is done by bending specific joints.

It is much better to stretch stiff joints and tissue slowly and gently, for longer periods of time. Strong traction for short periods of time can damage the soft tissues around your joints, causing pain and swelling. Your therapist will advise you how to adjust your strap accordingly.

**You have been fitted with a (circle as appropriate):**

- **Finger flexion strap / flexion strap**

### Finger flexion straps

Once the therapist has fitted the strap, leave it closed and put it on by hooking the end of the strap over the tip of your finger and stretching the other end of the strap over the back of your finger as shown in the photograph below. You will only need to undo it to tighten it, as and when it becomes too slack to stretch the joint(s).



### Wearing your device

You will need to wear the strap for a maximum of

\_\_\_\_\_ minutes, \_\_\_\_\_ times per day.

### Flexion straps

This is an elastic strap designed to bend each joint of the finger at once, sometimes more than one finger will be included. To put it on, fasten the straps around the wrist and pull the long piece of the strap over your fingers to bend them until you feel a gentle stretch. Do not include your thumb.



### **Wearing your device**

You will need to wear the strap for a maximum of \_\_\_\_\_ minutes, \_\_\_\_\_ times per day.

You should gradually build up to the maximum time of wearing. The strap should be adjusted accordingly to maintain your soft tissue stretch.

If you experience any of the following, you need to remove the strap and contact your therapist:

- Signs of pressure, rashes or swelling underneath the straps or on fingers.
- If swelling and pain increase following use of the strap and cannot be reduced by swelling management.

**DO NOT DRIVE IN ANY OF THE DEVICES YOU HAVE BEEN PROVIDED WITH.**

### **Contact details**

If you have any questions or concerns about your flexion strap please contact your therapist:

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- King's Mill Hospital: Telephone (01623) 622515, extension 4271.
  - Newark Hospital: Telephone (01623) 622515, extension 5885

For appointment queries please contact Therapy Services reception at King's Mill Hospital on (01623) 622515, extension 3221, or Newark Hospital on 01636 685885.

### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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