

2.



\_\_\_\_\_ 10 \_\_\_\_\_ reps, every \_\_\_\_\_ 1 hour \_\_\_\_\_

**You must wear your splint at all times, both during the day and at night. It is important to complete the exercises as instructed by your therapist.**

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## Wrist Flexor Tendon Repair

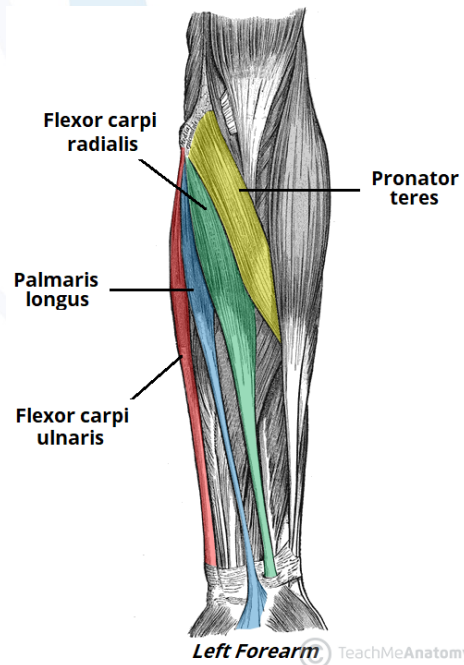
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Na żądanie ta ulotka może zostać udostępniona  
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## Flexor Carpi Radialis (FCR) & Flexor Carpi Ulnaris (FCU)



The FCU and FCR tendons insert at the base of the wrist. The FCU tendon works to allow flexion and adduction of the wrist. The FCR tendon works to allow flexion and abduction of the wrist. The palmaris longus (PL) tendon also assists with wrist flexion but is of less importance.

As you have had one or more of these tendons repaired, you require a splint to protect the repaired structure(s).



## Exercises

1. Ensure you mobilise your fingers and thumb regularly



\_\_\_\_\_ 10 \_\_\_\_\_ reps, every \_\_\_\_\_ 1 hour \_\_\_\_\_