

Wrist extensor tendon repair

Information leaflet

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如有需要，本传单可提供其他语言/版式
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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatkach.

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Wrist Extensor Splint

Splint to be worn continuously for first 5 weeks to protect wrist extensor tendon repair and prevent unwanted movement.

Light functional use with affected hand.



Exercises

Complete x5 repeats, every 1 hour while awake.

1. Bend all fingers to 90 degrees at knuckles keeping fingers straight.



2. Bend tips of fingers into hook position keeping knuckles straight.



3. Bend all joints through full range into tight fist



4. Maintain full active range of movement of thumb.

