## Wrist extensor tendon repair Information leaflet

This leaflet can be made available in alternative languages / formats on request.

如有需要,本传单可提供其他语言/版式 此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach.

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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.

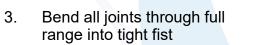
## **Exercises**

Complete x5 repeats, every 1 hour while awake.

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



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





4. Maintain full active range of movement of thumb.





