

Thumb Extensor Tendon Repair Zone 1 - 4 (Week 4 - 6)

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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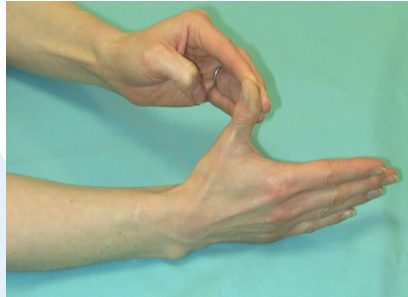
Exercises

The information in this leaflet is to help you to gain the best results from your surgery. Please read carefully and ask your therapist if you do not understand any information.

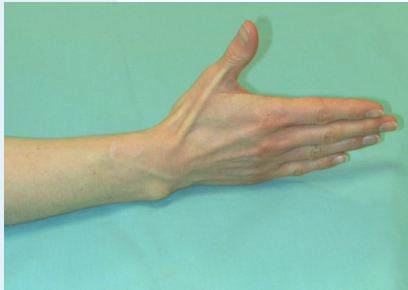
Continue with splint at night time and during any tasks.

Complete x5 every hour while awake.

1. Pull your thumb back into its fully straight position.



Let go, try and hold your thumb straight.



2. Support the base of thumb with your unaffected hand and bend the tip of your thumb as far as you can



3. Keep top joint of thumb straight and bring thumb across palm to base of little finger and straighten.



4. Relax your fingers, keep thumb straight then move your wrist backwards.



5. Relax your fingers, keep thumb straight then move your wrist forwards allowing your fingers to straighten.

