

Thumb Extensor Tendon Repair Zone 1 - 4 (Week 2 - 4)

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.

Therapist:

Hand Unit,
Whiston Hospital, Warrington Road,
Prescot, L35 5DR

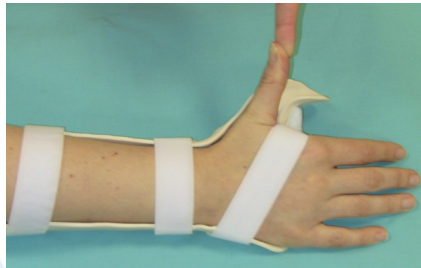
Telephone: 0151 430 1237

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.

Complete x5 every hour while awake.

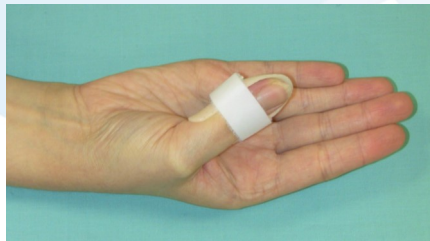
1. Straighten your thumb back as far as you can. Using your unaffected hand, pull your thumb back to its fully straight position



2. Remove thumb + finger straps extend wrist, support base of thumb with unaffected hand, bend and straighten top joint of thumb.



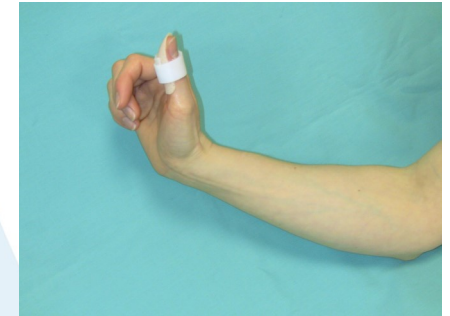
3. Place small splint on affected thumb bend the large knuckle at the base of your thumb across your palm



Replace large wrist and thumb splint following exercises.

Twice a day only, (morning and evening) Remove the large splint and complete the following exercise x5 times with small splint on thumb.

4. Relax your fingers and thumb then move your wrist backwards



5. Bend your wrist forwards allowing your fingers and thumb to straighten

