

## Here are some important rules

### Do:

- Wear your splint 24 hrs a day (including in bed and in the shower)
- Keep your hand elevated to reduce swelling
- Keep dressing clean and dry at all times
- Complete exercises as instructed by therapist
- Move your shoulder and elbow through full range of movement daily to prevent stiffness

### Do Not:

- Use your thumb to complete any activities, including personal care
- Remove your splint
- Get splint hot or attempt to alter splint
- Do any more exercise than is instructed by your therapist
- Bend your thumb using your other hand
- Drive
- Play any contact sports or heavy activities for at least 12 weeks

Hand Unit,  
Whiston Hospital, Warrington Road,  
Prescot, L35 5DR  
Telephone: 0151 430 1237

# Thumb Extensor Tendon Repair Zone 1 - 4

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

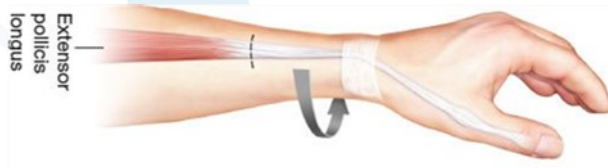
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w innych językach/formatach.

Therapist:

## Thumb Extensor Injury

You have suffered an injury to the extensor tendon of the thumb. This tendon is a flattened fibrous 'guide' that attaches muscles to bone to allow you to straighten your thumb. The tendon originates in your forearm and inserts at the end joint of your thumb. They are important in allowing you to open your hand during activity and are essential in allowing full hand function.



## Surgery

When the tendon has been cut it has to be repaired surgically, otherwise it will not heal. The tendons are sewn together using thin surgical thread and for the first 4-6 weeks the repair is delicate, this is why a strict exercise and splinting routine must be followed.

You will need to wear a splint for 6 weeks to protect your tendons and this must be worn at all times. The controlled exercises allow your tendons to move gently and reduce stiffness.

**If you experience any increase in pain, swelling or numbness or your splint becomes loose or detached, please contact the department immediately to arrange for this to be reviewed by one of our therapists.**

## Exercises

To complete x5 every hour while awake.

1. Using your unaffected hand gently lift your thumb up from splint.



2. Using your own muscles, lift the thumb up from the splint.



3. Lift your thumb off the splint until completely straight, use your own muscles curl the tip of the thumb to make a hook shape whilst keeping the next joint completely straight. Then allow thumb to return to the splint. (Never push the thumb into a bent position with your unaffected hand)



4. Bend all unaffected fingers into a full fist and straighten.

