

Here are some important rules

Do:

- The exercises every hour
- Keep your hand elevated
- Move your shoulder and elbow as shown by your therapist

Do Not:

- Use your hand for **any** activity
- Remove your splint unless instructed to by the therapist
- Straighten your thumb using the other hand

If you do you could snap your tendon repairs which could lead to further surgery

Therapist: _____

Hand Unit: 0151 430 1237

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
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CAM regime

Controlled Active Motion Thumb Flexor Tendon Injury Stage 2

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

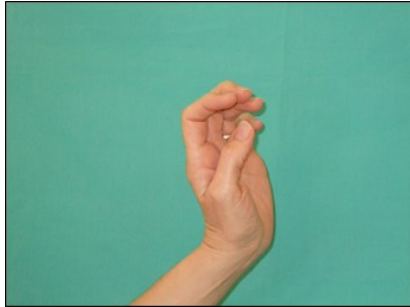
Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Thumb flexor tendon injury

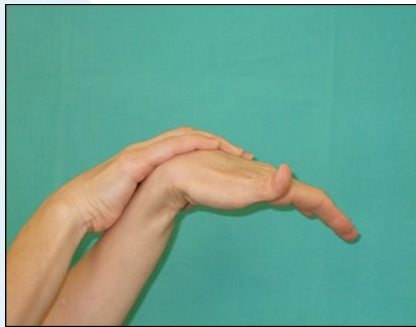
While your splint is removed during the day

1. Relax your fingers and thumb, move your wrist backwards



Repeat **10 times**

2. Bend your wrist forwards and support with the other hand.



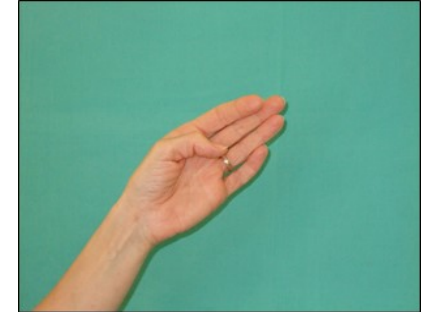
Straighten your thumb at all joints.

Repeat **10 times**

Exercises to be completed **Every Hour** when awake

3. Slowly and gently bend your thumb across your palm. Do not force or squeeze anything.

Repeat **10 times**



4. Push your thumb into the fully bent position.

Repeat **10 times**

