

# Extensor Tendon Repair

Merritt Program (Week 1 – 4)

## Splints

- **Your splints are to be worn at all times.**
- You will need to wear the splints full-time for 6 weeks. It keeps your wrist and fingers in a position that protects the tendons.
- If the splint causes undue discomfort or comes apart, contact your therapist as soon as able.

## Precautions

- You can only use your hand (with the splints on) for very light, everyday tasks such as getting dressed, writing and typing. Discuss any other activities with your therapist.
- You should not to drive or play contact sports until advised it is ok by your therapist or doctor.
- Your repaired tendon/s will take at least 3 months to regain full strength. During this time your therapist and/or doctor will advise you of when and how you can start using your hand and what exercises you need to perform.

## Swelling

- You will have more pain and difficulty regaining your movement if the swelling persists.
- **Keep your hand elevated** above the level of your heart as much as possible during the day and night to help reduce the swelling.
- Move your shoulder and elbow regularly as this also helps reduce the swelling, and stops these joints from getting stiff.

## Wound/Scar

- It is important **you keep your wound dry** and the dressings in place until it has healed. Your therapist or nurse will advise you on how to look after your wound once it has healed.
- If you notice a discharge from your wound, have increased pain around the wound or any concerns that your wound may be infected, arrange to see your GP as soon as possible or present to the emergency department.
- Your therapist will be show you how to manage your scar once your wound has healed.

## Hygiene

- You will need to place a bag over your splint and arm to have a shower for the full 6 weeks. Do not take off your splint to shower.
- Your therapist will assist you with washing your arm during appointments and may demonstrate how you can remove your splint to wash your arm yourself at home.

## Exercises

- Perform 5-10 of each exercise below, 4-5 times each day
- Perform these exercises with the splints on.
- Always perform the movements GENTLY
- DO NOT perform more than the recommended amount, or any other exercise.



**Place-hold  
Extension**



**Table-top**



**Hook**



**Fist**

**Please contact your therapist if you have any queries or concerns.**

**Therapist:** \_\_\_\_\_

**Phone: (07) 3646 7100**