

Extensor Tendon Repair

Merritt Program (Week 4 – 6)

Splints

- Your finger splint is to be worn 24 hours per day
- You can stop wearing the wrist splint
- You may remove the splint to wash your hand being careful as you have been advised by your therapist

Precautions

- You are not allowed to drive, lift things, or play contact sports
- For all other activities, please discuss with your therapist

Exercises

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



**Place-hold
Extension**



Table-top



Hook



Fist

Wrist: Bend wrist forward and back, holding each position for 5 seconds. Repeat 10 times.

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

Therapist: _____

Phone: (07) 3646 7100