

Thumb Extensor Tendon Repair

Active Exercises Weeks 6-8

Instructions

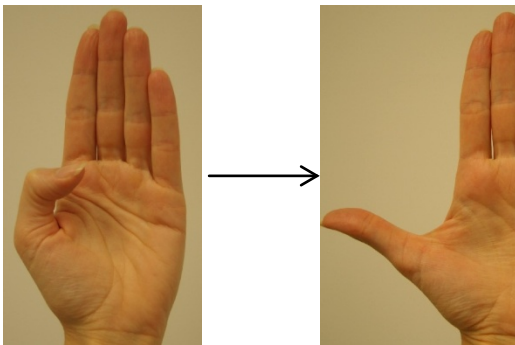
- You may begin to remove your splint for exercises and light activities such as showering, dressing and reading.
- Continue to wear your splint at night, when going out, or at any time when your hand may be knocked. Example: public transport.
- Do not lift anything greater than 1kg or play contact sport.

Exercises:

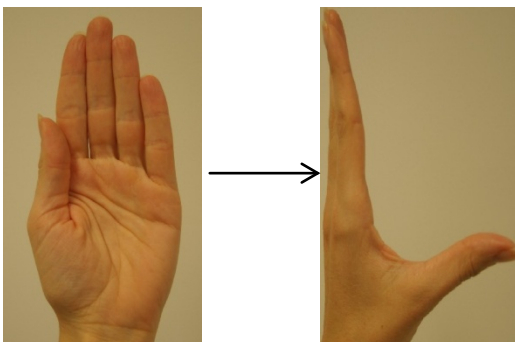
- Remove splint to perform exercises. Perform movements gently.
- Perform ____ repetitions of each exercise, ____ times per day.
Hold for ____ seconds.

Conduct the following exercises:

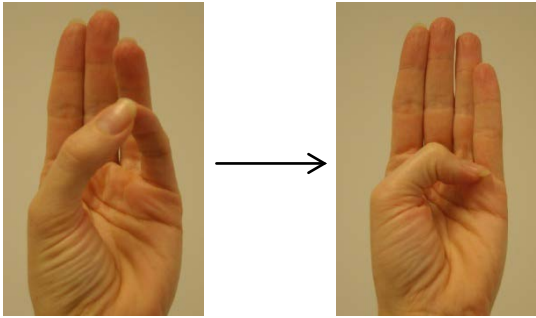
Thumb:



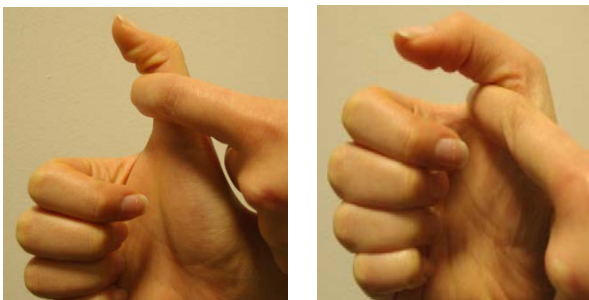
1. Slide your thumb across your palm, bending both joints of your thumb.
2. Relax and move your thumb in the opposite direction, straightening both joints of your thumb.



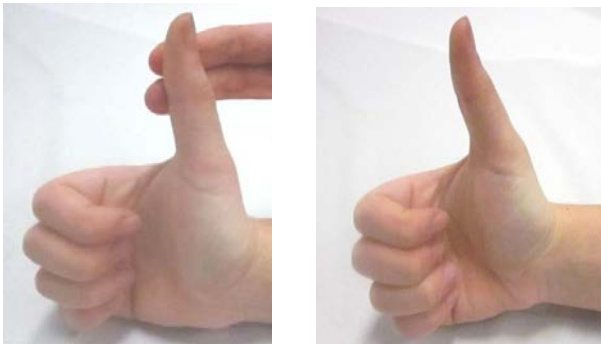
3. Bring your thumb into your palm to lie next to index finger.
4. Move your thumb away from your palm, in line with index finger.



5. Bend your thumb towards the tip of your little finger.
6. Bend your thumb towards the base of your little finger.



7. Bend the tip of your thumb. Use your other hand to block any movement at the 2nd joint.
8. Bend the 2nd joint of your thumb. Use your other hand to block any movement from the palm.



9. Using your other hand, pull your thumb back to straighten all the joints. Remove your other hand and using your own muscle power try to hold your thumb in place.

Wrist:



10. Bend your wrist forwards and backwards.

11. Move hand towards little finger and then towards thumb with hand downward on flat surface, moving only at the wrist.

12. Turn your palm upward, moving your forearm and hand only, then turn your palm downward.

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

Therapist: _____

Phone: (07) 3646 7100