

Dynamic Extensor Tendon Protocol

Weeks 1 - 5

Splint

- Your splint is to be worn 24 hours per day
- You may only remove the splint to wash your hand once the wound has healed and you have been advised to do this by your therapist
- If the splint is off, do not to bend your wrist or fingers
- Keep your wound clean and dry until it heals
- Elevating the hand will help to reduce the swelling
- Do not drive, lift things, or play contact sports
- For all other activities, you can discuss these with your therapist

Exercises

- Perform 10 repetitions of each exercise below, every hour throughout the day
 - Do not perform these exercises with the splints off
 - Always perform the movements gently
 - Do not perform more than the recommended amount, or any other exercise
1. Bend your knuckles down as far as the splint allows while keeping your fingers straight and then allow the slings to straighten them.



2. Keeping your knuckles straight, curl your fingers, and then allow the slings to straighten them



3. Curl all of your fingers into a fist as far as the splint allows and then allow the slings to straighten them.

Please ask your therapist if you have any further questions.

Therapist: _____

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