

Dynamic Extensor Pollicis Longus Protocol

Weeks 1 – 3

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 bend your wrist or thumb
- Keep your wound clean and dry until it heals
- Elevate the hand to reduce swelling
- Do not drive, lift things or play contact sports
- Avoid tight gripping

Exercises

- Always perform these exercises with the splints ON
- Always perform the movements gently
- Do not perform more than the recommended amount, or any other exercise

Perform 10 repetitions of each exercise below, every hour throughout the day:

- Bend the tip of your thumb to 30 degrees and then allow the sling to bring your thumb back to the splint.



- Remove the strap from the base of your thumb and bend your 2nd joint while keeping the tip of your thumb straight. Allow the sling to bring your thumb back to the splint.



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

Therapist: _____

Phone: (07) 3646 7100