

Dynamic Extensor Pollicis Longus Protocol

Weeks 4 – 5

Splint

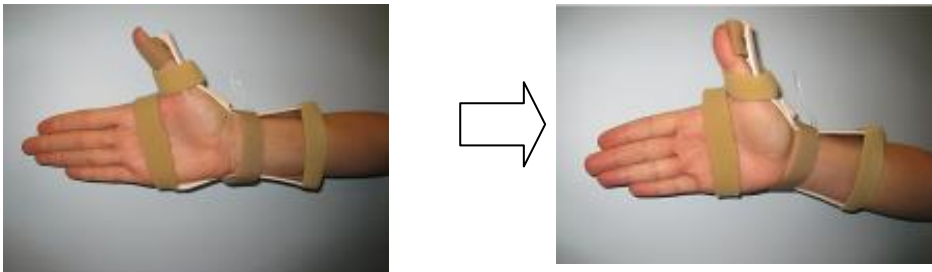
- Your splint is to be worn 24 hours per day
- You may only remove the splint to wash your hand once the wound has healed and you have been advised to do this by your therapist
- If the splint is off, do not to bend your wrist or thumb
- Do not drive, lift things, or play contact sports
- Avoid tight gripping

Exercises

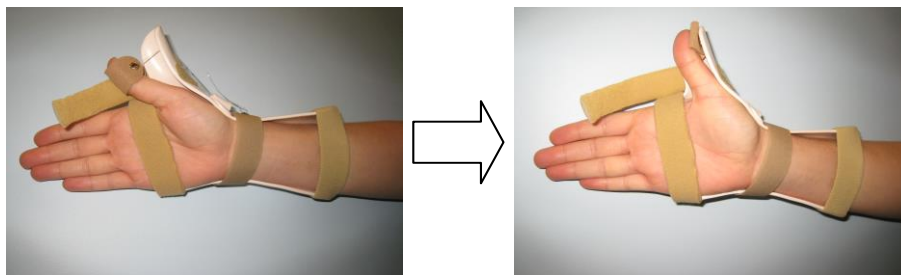
- Always perform these exercises with the splints ON
- Always perform the movements gently
- Do not perform more than the recommended amount, or any other exercise

Perform 3 – 5 repetitions of the exercise below, 3 times per day:

- Remove your thumb from sling and bend the tip of your thumb, then extend it to the back of the splint.



- Remove the strap from the base of your thumb and bend your 2nd joint while keeping the tip of your thumb straight and then extend it to the back of the splint.



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

Therapist: _____

Phone: (07) 3646 7100