

Dynamic Extensor Pollicis Longus Protocol

Weeks 5 – 6

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:

Bend both joints of your thumb together and then extend them to the back of the splint.



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

Therapist: _____

Phone: (07) 3646 7100