

# Thumb Extensor Tendon Repair

## Early Active Exercises Weeks 1-6

### Instructions

- Your splint is to be worn **24 hours** per day.
- Keep your wound clean and dry until it heals.
- You may remove the splint to wash your hand once you have been advised by your therapist.
- If the splint is off, remember to keep your wrist and thumb still.
- Elevating your hand will help to reduce swelling.
- Use your affected hand for light activities with your splint on (500g maximum weight).
- Avoid tight gripping, lifting and contact situations e.g. sports.
- Do not drive.

### Exercises:

- **Do not remove splint** to perform exercises. Only remove the thumb strap.
- Always perform movements gently.
- Do not perform more than the recommended amount, or any other exercise.

## Conduct the following exercises:

10 repetitions, hold 5 seconds, 6 times a day (or 2nd hourly).



### Step 1 - Place and hold:

- Use your other hand to gently pull your thumb up to straighten all the joints.
- Remove other hand and with your muscle power, keep thumb up in this position for 5 secs.
- Gently lower thumb into splint.



### Step 2 – Active:

- Slowly move your thumb up as far as possible, hold, and then lower it down into the splint.



### Step 3 – Active blocking

- Use your other hand to gently pull your thumb up to straighten it.
- Support the base of your thumb with the other hand.
- With your own muscle power, bend the tip of your thumb, hold, and then straighten it again.

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

Therapist: \_\_\_\_\_

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