



REHABILITATION

# Extensor Indicis to Extensor Pollicis Longus Transfer

Weeks 4-6

***It is now 4 weeks since  
your operation.***

Your repair is healing and becoming stronger but still requires protection to avoid the weak healing tissue stretching. You may now begin to remove your splint for periods of exercise

and light activities during the day. Light activities include turning pages, eating, folding light laundry, tying a shoe, buttoning and typing. Ask your Hand Therapist when you may begin specific activities if you are in doubt to avoid over doing it and undoing all your hard work.

Continue to wear the splint at night.

Remember the effort you put into your rehabilitation is significantly related to the end result obtained from your repaired tendon.

***Complete these exercises  
10 times each, every 2  
hours during the day.***

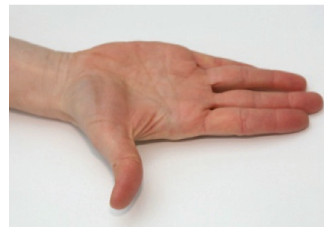
***Remove your splint and  
place your hand on the  
table with your palm  
facing downwards.***

Lift your thumb up away from the table.  
Hold for 10 seconds and then place it back down.



***Turn your hand over and  
place your hand on the  
table with your palm  
facing upwards.***

Straighten your thumb away from  
the side of your index finger, as  
shown.

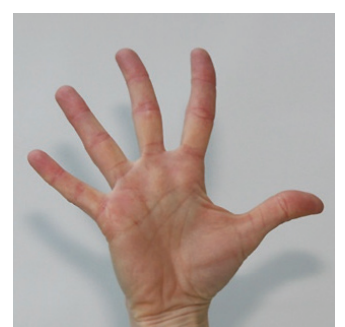
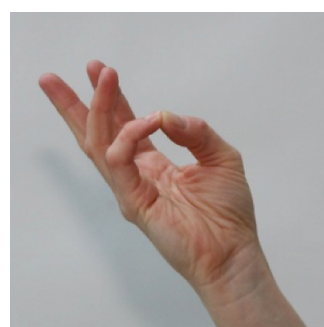
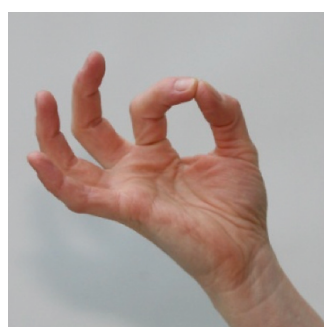


Bring your thumb up so that it is  
pointing towards the ceiling, as  
shown.



***Put your elbow on the table  
and lift up your hand to do  
the next set of exercises***

Touch the tip of the injured  
thumb to the tip of each finger  
in turn and then straighten out  
the thumb.





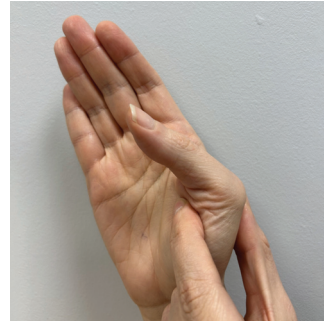
## REHABILITATION

Using your other hand, isolate the end joint to allow it to fully bend.

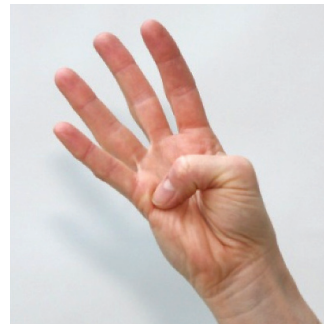
*Repeat 10 times*

Using your other hand, isolate the big joint of your thumb to allow it to fully bend.

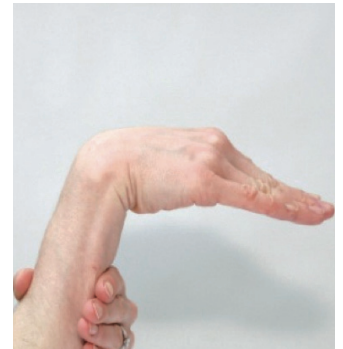
*Repeat 10 times*



Move the thumb to the base of the little finger and then straighten it out. Do not force this movement with your other hand.



Bend and straighten your wrist. Do not force this movement with your other hand.



### DO'S

- **Do continue to wear your splint at night and when going out in crowded places** e.g. on public transport, in the pub etc. This is necessary in order to continue to protect the repaired tendon in your hand
- Do only use your hand for light activities, as instructed by your Hand Therapist
- Do be very careful when you wash and dry your hand, as instructed by your Hand Therapist

- Do keep all your uninjured joints moving, including your shoulder, elbow and the joints of the fingers
- Do massage your scar with moisturiser as demonstrated by your therapist
- Do contact your therapist immediately if your splint or straps break for it to be mended

### DON'TS

- Don't force your thumb across your palm
- Don't force your wrist to bend forwards
- Don't drive until you are 6 weeks post surgery