



REHABILITATION

Extensor Pollicis Longus repair, Zone II to VIII

Weeks 4-6

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

Your tendon is repairing and becoming stronger but still requires protection to avoid the weak healing tissue tearing apart again.

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.***

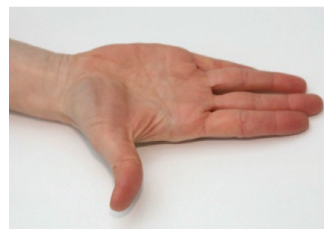
***Remove your splint and
place your hand on the
table with your palm
facing downwards.***

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.

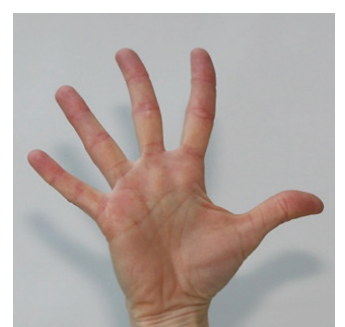
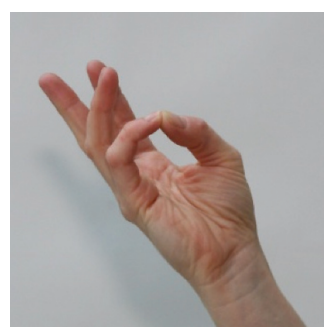
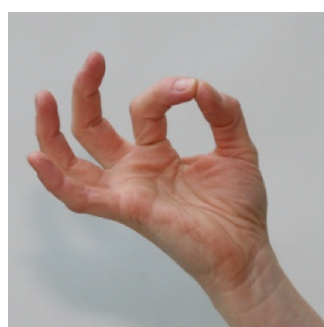


Bring your thumb up so that it is pointing towards the ceiling, as shown.



***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.

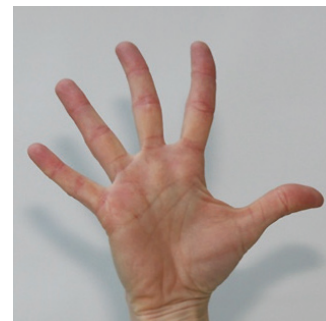
Repeat 10 times

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

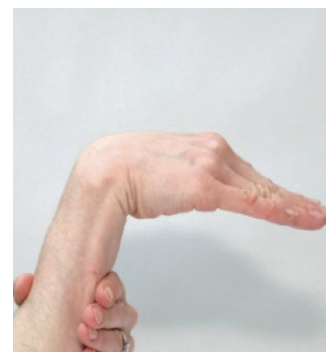
Repeat 10 times



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