



REHABILITATION

# Extensor Tendon Repair Zone V to VIII

Weeks 3-5

(Merritt regime, following surgical repair)

*It is now 3 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 remove wrist part of your splint exercise and for light activities. Light activities include turning pages, eating, folding light

laundry, tying a shoe, buttoning and typing. However, you must continue to wear the 'yoke' for a further 2 weeks full time. If you use your hand for medium weight activities you must wear both splints. 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 both splints at night.

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

*Complete the following  
exercises below 10  
times every 2 hours  
during the day.*

Bend your wrist forwards and backwards whilst wearing the yoke splint.

Remember to keep your fingers relaxed.

Hold each position for 10 seconds.

***Repeat 10 times***



Make a hook grip and straighten your fingers whilst wearing the yoke splint.

Remember to keep your fingers relaxed.

Hold each position for 10 seconds

***Repeat 10 times***





## REHABILITATION

Make a fist and straighten your fingers whilst wearing the yoke splint.  
Remember to keep your fingers relaxed.  
Hold each position for 10 seconds  
**Repeat 10 times**



Bend your big knuckles and straighten your fingers whilst wearing the yoke splint.  
Remember to keep your fingers relaxed.  
Hold each position for 10 seconds  
**Repeat 10 times**



### 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 and elbow
- 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 push your hand to make a full fist
- Don't force your wrist to bend forwards
- Don't drive