You have injured the long tendon on the back of your thumb (Extensor Pollicis Longus).

It has been repaired but it will take at least 6 weeks for your tendon to heal and at least 12 weeks until it is strong enough for you to return to unlimited activities.

Progress from this injury varies from person to person and you must be guided by your therapist. These pages provide a guide for an average rehabilitation regime.

Your tendon repair requires splinting ALL the time for the first 4 weeks after your surgery.

You will have a removable splint made to fit you by your hand therapist when you first see them in clinic. This replaces the plaster cast applied in theatre.

This splint protects the healing tendon of your finger. Pay close attention to how the splint is applied, attention to detail makes all the difference to the final results.

Every 2 hours during the day you should practice the exercises outlined below:

**Passive Thumb Extension**
Keep your hand in the splint and remove the thumb and hand straps only.
Lift the thumb off the splint with your other hand, as shown.
Keep the thumb of the injured hand straight at all times.
Hold the thumb up for 10 seconds and then place it back on the splint.
*Repeat 10 times*

**Active Thumb Extension**
Now lift the thumb off the splint by itself, as shown
Keep the thumb straight at all times.
Hold the thumb up for 10 seconds and then relax it back onto the splint.
*Repeat 10 times*
REHABILITATION

Active IPJ
Flexion/Extension
Keep your wrist lifted up and
support around the middle of the
thumb with your other hand.
Bend and straighten the end joint
of the thumb, as shown.
Repeat 10 times

Active MCPJ
Flexion/Extension
Keep your wrist lifted up and
support around the base of the
thumb with your other hand.
Bend and straighten the end two
joints of the thumb, as shown.
Repeat 10 times

DO’S
• Do keep your arm/hand
elevated to minimise swelling,
particularly soon after your
injury
• Do wear your splints as
prescribed
• Do follow the therapist
recommendations
• Do keep all your uninjured
joints moving, including your
shoulder, elbow and the fingers
of your injured hand.
• Do massage your scar (once
healed) 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 leave your hand out of the
splints
• Don’t try to push hard against the
splints when completing exercises
• Don’t try to make a full fist
• Don’t use your injured hand to
grip objects
• Don’t drive until you have
discussed this with your therapist