



REHABILITATION

# Extensor Tendon Repair Zone V to VIII

Weeks 5-12

(Merritt regime, following surgical repair)

## Weeks 5 - 7

*It is now 5 weeks since  
your operation.*

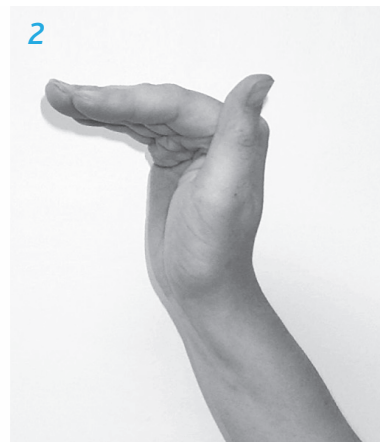
Your tendon has now healed enough to cope with normal daily activities but your thumb and hand will feel weak.

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

## Active Finger Exercises

### Tendon Gliding

Complete as a sequence, in number order.  
Hold each position for 10 seconds.  
Repeat each exercise 10 times.





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### Weeks 7 - 12

During this last five weeks of your rehabilitation you will continue to work on regaining a full range of motion, if you have not achieved this yet. You will also start on gradually strengthening your hand and tendon.

Most people can return to unlimited activities at the end of twelve weeks.

#### **Re-introduction of specific activities, including work and driving.**

During this stage individual variations in progress may become more apparent and your hand therapist will tailor your exercise regime to your specific requirements.

**It is vital therefore that you pay close attention to the information given to you by the therapist regarding:**

**Splints** you need to continue to wear the yoke splint until week 7. You can discontinue the wrist splint.

**Exercises** Remove the yoke splint for exercises.

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- **DO NOT DO ANY CONTACT SPORTS UNTIL WEEK 12.** i.e. no football, rugby etc.
  - **DO NOT DO ANY HEAVY LIFTING UNTIL WEEK 12.** i.e. no weight training, no lifting a full suitcase, no heavy or repetitive lifting at all.