



REHABILITATION

Finger Extensors Zone V to VIII (Norwich regime) Weeks 5-8

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.

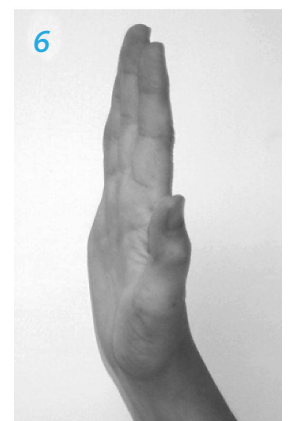
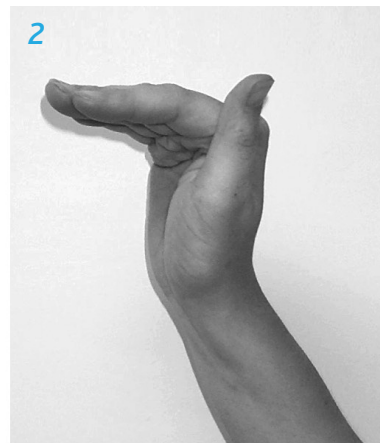
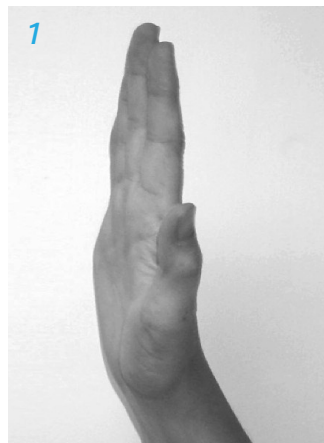
You may now begin to remove your splint for periods of exercise and light activities during the day. Light activities include turning pages, eating, folding light laundry, tying a shoe, buttoning and typing.

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 the three sets of exercises below 4 times through every hour during the day

1. Run smoothly through the sequence of exercises below (1-6). These glide your tendons and help them to run more normally again.





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2. Use your uninjured hand to push your fingers in to a straight position, and then without using the other hand try to keep them there, in that position for 5 seconds (position number 1 above).



3. Bend and straighten your wrist, as shown below. Do not force the 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 care 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