



REHABILITATION

# Finger Extensors Zone V to VIII (Norwich regime) Weeks 9-12

*It is now 8 weeks since your operation.*

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

During this last four 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 this four weeks.

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

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 that you pay close attention to the information given to you by the therapist regarding:*

- Splints (you might not need any now)
- Exercises
- Stretches
- Strengthening work
- Re-introduction of specific activities, including work and driving.

- **DO NOT DO ANY CONTACT SPORTS FOR AT LEAST ANOTHER 4 WEEKS.**

i.e. no football, rugby etc.

- **DO NOT DO ANY HEAVY LIFTING FOR AT LEAST ANOTHER 4 WEEKS.** i.e. no weight training, no lifting a full suitcase, no heavy or repetitive lifting at all.