



REHABILITATION

Thumb Flexor (Flexor Pollicis Longus) Week 0-4

You have injured the long tendon on the front of your thumb (Flexor 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. 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 splint 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.

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



Splint in place

Every hour during the day you should practice the exercises outlined here:

Keep your hand in the splint and remove the thumb and hand straps only.

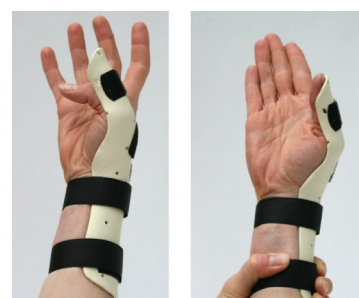
Using the uninjured hand push your thumb tip down into your palm, as shown. Hold it there for 20 seconds then relax.

Repeat 4 times



Bend the tip of your injured thumb without using your other hand. Hold it bent for 5 seconds then slowly straighten it so that your thumb nail touches the back of the splint

Repeat 4 times





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Using the uninjured hand push your injured thumb across to the base of your little finger, as shown. Hold it there for 20 seconds then relax.

Repeat 4 times



Bend all the fingers of your uninjured hand into your palm and then straighten them out.

Repeat 4 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 and elbow
- 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 or if you suddenly cannot bend your thumb.

DON'TS

- Don't leave your hand out of the splint
- Don't forcibly push your thumb up against the splint with your other hand
- Don't use your injured hand to grip objects
- Don't drive