



REHABILITATION

Thumb Flexor (Flexor Pollicis Longus) Week 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.

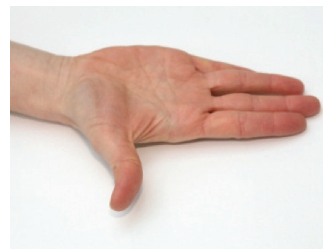
Continue to wear the splint at night. Remember the effort you put into your rehabilitation is significantly related to the end result obtained from your repaired tendon.

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

Carefully remove your splint and place your hand on the table with your palm facing upwards.

Straighten your thumb away from the side of your index finger, hold it there for 3 seconds then relax. Do not use your other hand to force this movement.

Repeat 4 times



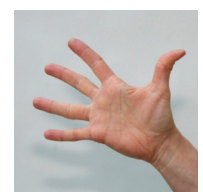
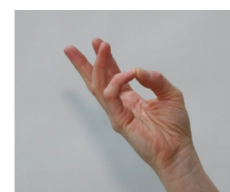
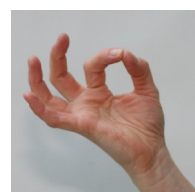
Now bring your thumb up so that it is pointing towards the ceiling, hold it there for 3 seconds then relax. Do not use your other hand to force this movement.

Repeat 4 times



Touch thumb tip to the tip of each finger (making a circle shape) and then straighten.

Repeat 4 times





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Move thumb to the base of the little finger and then straighten.

Repeat 4 times



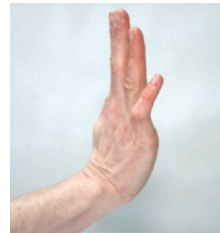
Bend all the fingers of your uninjured hand into your palm and then straighten them out.

Repeat 4 times



Bend down and lift up the wrist, as shown. Stretch at the extremes but do not use your uninjured hand to force the movement.

Repeat 4 times



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 careful 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 or if you suddenly can't bend your repaired finger.

DON'TS

- Don't force your thumb out straight
- Don't force your wrist to bend backwards
- Don't grip any object tightly
- Don't drive