



REHABILITATION

Wrist Extensors

Extensor Carpi Ulnaris and Extensor Carpi Radialis Brevis/Longus

You have injured the tendon(s) on the back of your wrist. These have been repaired but it will take at least 12 weeks until they are 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.

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

Week 0-4 after surgery

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.

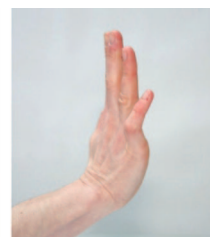
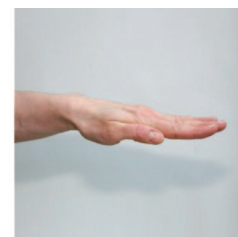
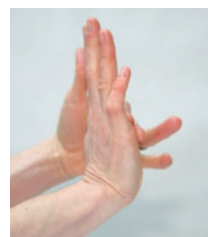
This splint protects the healing tendon(s).



Every 2 hours during the day you should practice these exercises:

Remove the splint and hold the wrist up as shown above. Bend the wrist down until it is straight, as shown, and hold for 10 seconds. Lift the wrist up again with your other hand. Remove your other hand and hold the wrist up for 10 seconds. Do not let your wrist drop forwards.

Repeat 10 times

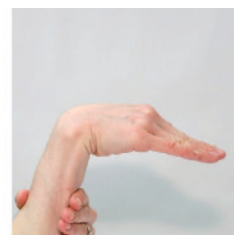


Week 4-8 after surgery

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.

Continue to wear the splint at night and if you are out in a busy environment eg the pub.

At least 4 to 5 times a day run the wrist through a full set of movements as shown.



You can stretch the wrist upwards (as shown) but don't force the wrist down the other way as this may tear the healing tendon.



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Week 6 - 12 after surgery

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

During this six weeks of your rehabilitation you will continue to work on regaining full range of motion, if you have not achieved this yet. You will also start to gradually strengthen your wrist.

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

- **DO NOT DO ANY CONTACT SPORTS (eg rugby) OR HEAVY LIFTING** until the end of this period of time, ie until 12 weeks after your surgery.

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, elbow and the fingers and thumb of your injured hand.
- Do massage your scar (once healed) with moisturiser as demonstrated by your therapist
- Do contact your therapist immediately if your splint or straps break

DON'TS

- Don't leave your hand out of the splint in the first 4 weeks
- Don't force the wrist downwards (towards your palm)
- Don't drive until you have discussed this with your therapist