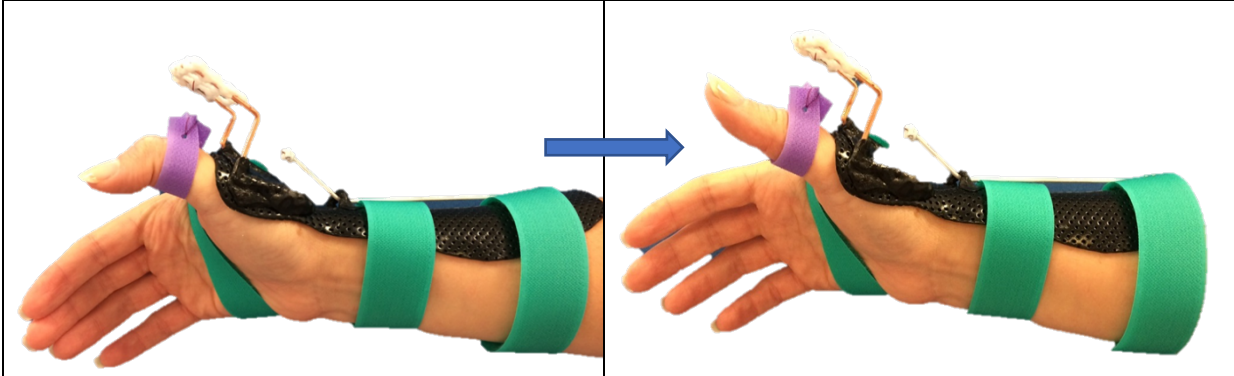
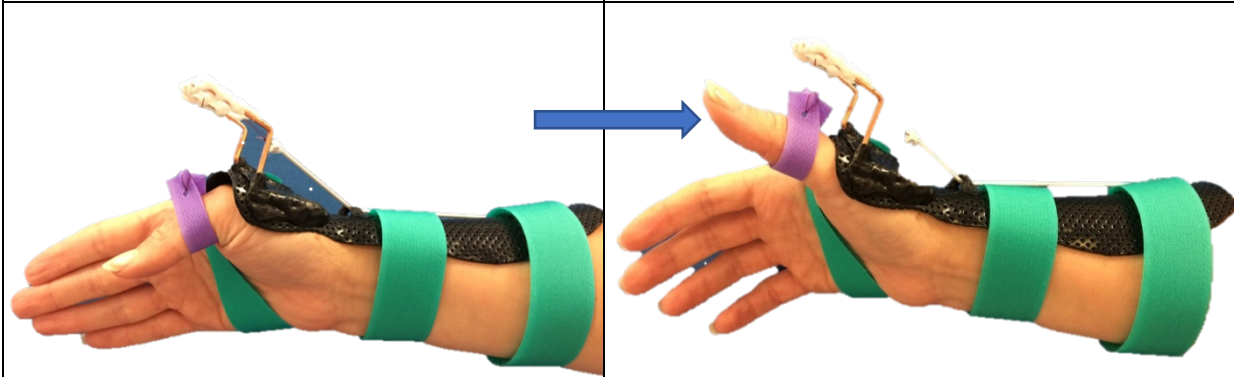




EPL Tendon Dynamic Regime Week 1

Exercise Sheet

	
Bend the tip of your thumb and then straighten it. Hold your thumb at the part where the sling is to support the main knuckle of the thumb when you perform the exercise.	5 times every 2 hours
	
Bend the big knuckle of your thumb keeping the end joint straight, and then let it straighten up allowing the elastic to assist.	5 times every 2 hours

Do:

- Wear your splint at all times.
- Keep your hand elevated.
- Keep your hand clean and dry.
- Keep your fingers, elbow, shoulder and neck moving regularly
- Contact the dressing clinic if you notice increase in swelling, pain, oozing from the dressings or increased redness – signs of infection.
- Contact hand therapy if you notice you suddenly cannot straighten your thumb.

Do NOT:

- Use your thumb for any activities

All exercises to be done _____ reps, every _____ hour/s.



Hand Therapy Contact Number:

02033158404. Open 8-6pm Monday to Friday.