



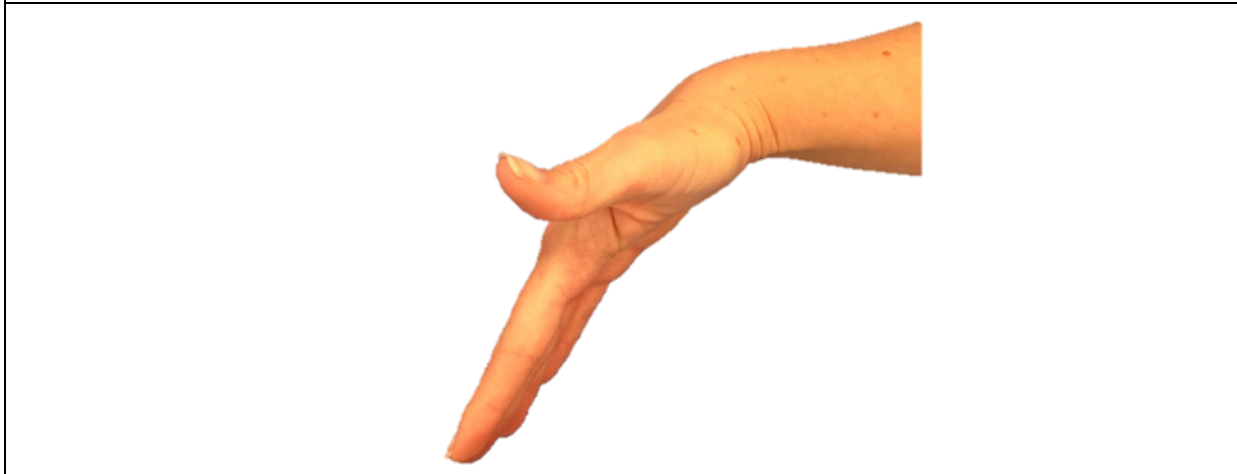
EPL Tendon Zone 2

Active Mobilisation Exercise Sheet - Week 4:

As well as the following exercise you should be given the thumb movement exercise sheet and your therapist will mark off the appropriate exercises



Relax your fingers and thumb and bend your wrist forwards until you feel pulling/tightness in the wrist. You should see that your thumb and fingers automatically straighten as the wrist bends forwards. Then, keeping the fingers and thumb relaxed bend your wrist backwards until you feel pulling/tightness in the wrist. You should see that your thumb and fingers automatically bend/flex as the wrist bends backwards.



Whilst your wrist is bent forwards, use your muscles to lift the thumb up and backwards.

FUNCTION

You can use your hand for light function now and may just need a splint for protection whilst travelling and at night. Depending upon your job your therapist may advise you to wear a splint at work. Examples of light functional activities would include using your hand to pick up finger food, holding spoon or fork for eating, using your hand to wash your body, applying cream to face, short periods of typing and picking up a small coffee cup. Please discuss any specific functional activities with your therapist.

All exercises to be done 5 times every 2 waking hours unless your therapist advises otherwise



Hand Therapy Contact Number:

02033158404. Open 8-6pm Monday to Friday.