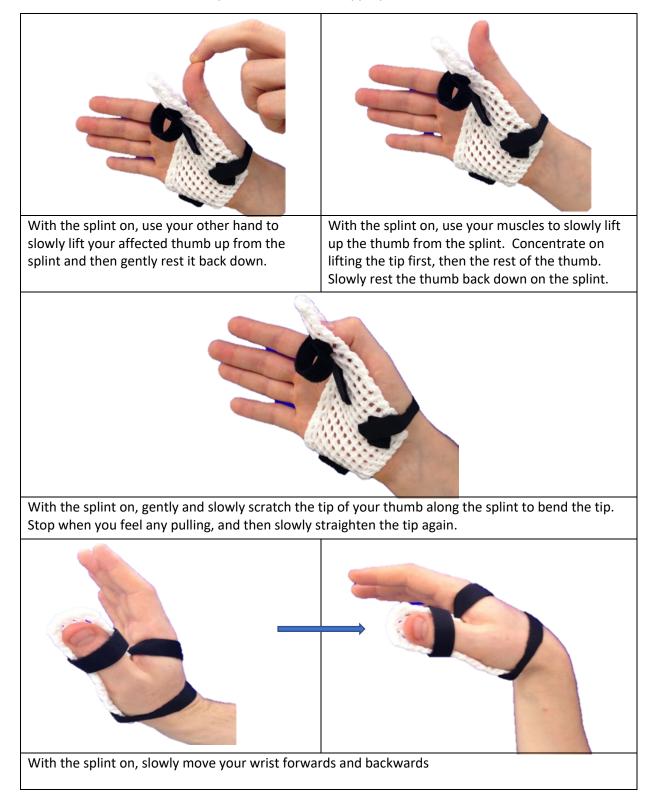


EPL Tendon Zone 2

Active Mobilisation Exercise Sheet - Weeks 0-4:

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





Hand Therapy Contact Number:

02033158404. Open 8-6pm Monday to Friday.





NHS Foundation Trust

Advice:

Wear your splint at all times and do not use your hand. 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 lift up your thumb

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



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