








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

	
<p>With the splint on, use your other hand to slowly lift your affected thumb up from the splint and then gently rest it back down.</p>	<p>With the splint on, use your muscles to slowly lift up the thumb from the splint. Concentrate on lifting the tip first, then the rest of the thumb. Slowly rest the thumb back down on the splint.</p>
	
<p>With the splint on, gently and slowly scratch the tip of your thumb along the splint to bend the tip. Stop when you feel any pulling, and then slowly straighten the tip again.</p>	
	
<p>With the splint on, slowly move your wrist forwards and backwards</p>	



Hand Therapy Contact Number:

02033158404. Open 8-6pm Monday to Friday.



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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