

Do not remove your splint. Do not use your hand for any purpose.

The tendons that bend the top of your thumb and fingers have been repaired.

They must be protected in a splint.

The splint must be worn at all times for 6 weeks.

Do the following exercises every 2 hours

Give your shoulder and elbow a full stretch above your head.

Bend your elbow to 90 keeping it tucked into your waist: turn the palm of your hand up to face the ceiling and then down to face the floor.

Repeat 10 times.

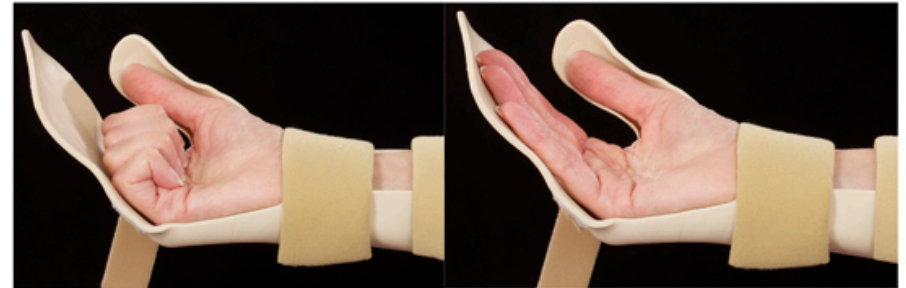
Exercise 1.



Using your other hand, slide one finger behind the back of the finger and place your thumb on the nail. Gently push each finger towards the palm of your hand.

Repeat 5 times.

Exercise 2.



Gently bend all of your fingers towards the palm of your hand, and then allow them to stretch back to the splint.

Repeat 5 times.

Exercise 3.



Slide one finger behind the back of each finger. Straighten to stretch the front.
Do not push your finger back.

Repeat 5 times.

Exercise 4.



Using your other hand gently push your thumb across the palm of your hand towards the base of your little finger.

Repeat 5 times

Exercise 5.



Gently bend your thumb towards the base of your little finger. Make sure your thumb is bending at the top joint.

Repeat 5 times.

Exercise 6.



Slide one finger behind the back of your thumb. Straighten to stretch the front.
Do not push your thumb back.

Repeat 5 times.