



Extensor tendon repair

3-5 Weeks

Exercises



Wrist forward
Relax fingers



Wrist backwards
Relax fingers



Fist + wrist
forward



Fingers straight
wrist backwards



Fingers straight



'Hook'



'Table top'

____ repetitions, ____ times a day

Important Information



- Light activities: Wear 'yoke' splint full time, use your hand for light activity only e.g. texting / turning pages / typing.
- Moderate activities: wear wrist splint + yoke. e.g. picking up a cup of tea or plate of food with affected hand.
- **Scar massage:** massage your scar firmly 3-5 minutes with cream, 5 times a day. This stops the tendon getting stuck down with scar tissue.

Contact the Hand Therapy Department if:



- You are suddenly unable to straighten your finger(s).
- You are having problems with your splint



Hand Therapy Department Contact Number 0203 315 8404
 Open between 8-6 Monday-Friday. Last updated: 23-8-16 MT