

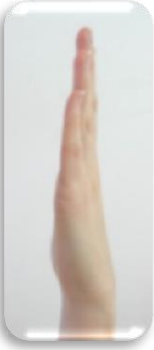
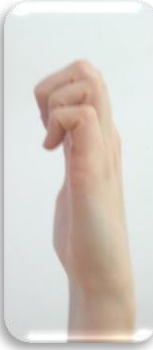

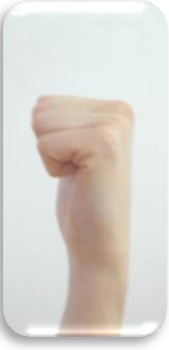



	<h2>Extensor tendon repair</h2>	<h2>5-7 Weeks</h2>
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Wrist forward	Wrist backwards
___ repetitions, ___ times a day	

			
Straighten fingers	'Hook'	'Table top'	Fist
___ repetitions, ___ times a day			

	<ul style="list-style-type: none"> <li>You can stop wearing all splints for light activities.</li> <li> <b>WEAR YOKE for moderate-heavy activities</b> e.g. lifting drinks / plate of food / lifting bags.</li> <li><b>Scar massage:</b> massage your scar firmly 3-5 minutes with cream, 5 times a day. This stops the tendon getting stuck down with scar tissue.</li> </ul>
	<p><b>Do not:</b> do activities that cause pain, do not 'over do' it, the tendon is not 100% strong until around week 12.</p>

