

Thumb Extensor Tendon Repair

Week 4 to Week 8 - Zone 3 to 5

- Early Active Motion

Information for patients

Your tendon has become stronger but is still not fully healed. It is important that you do not use your hand for heavy or repetitive activities and you protect the thumb and wrist from being forced in a bent position. You risk snapping the tendon if you use your hand beyond the guidelines described below.

Splint

The splint must still be worn whilst sleeping, when going out and any time that your THUMB may be knocked e.g. on public transport, in the pub, shopping, around children, dogs etc.

Scar massage

Continue to massage the scar as instructed by your therapist. This is especially important if the scar is hard and stuck and the movement is restricted. Be careful not to force the thumb into a bent position whilst you are massaging scar.

Exercises:

Remove your splint to do each exercise 10 times every 1-2 hours, hold for 10 seconds.

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| <p>Lift thumb with other hand and hold position for 3 seconds</p> | <p>Touch your thumb to each finger and then try to slide down them</p> | <p>Bend your thumb over towards the base of little finger then straighten</p> |
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| <p>Lift your thumb off the table</p> | <p>Bend your wrist forwards and back with your fingers relaxed</p> | |

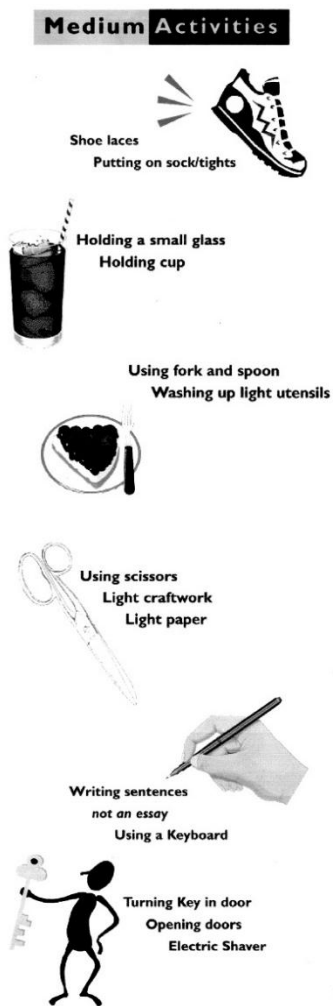
Activity

You can now start to use your thumb for light activities such as handling money and easy buttons. Do not do any activity that offers resistance- a full cup of coffee or pint glass is too heavy for this stage. Do not do any repetitive activities, you may sign your name but you must not write a letter or essay. Typing, for prolonged periods, is also not recommended.

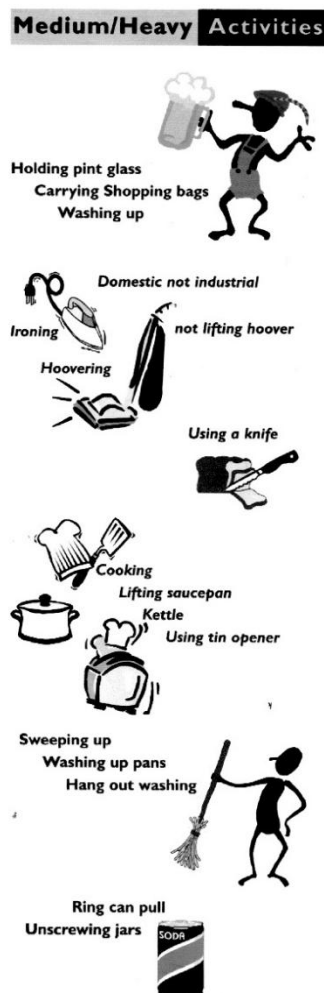
4-6 weeks post-op






6-8 weeks post op



8-12 weeks post-op



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| <p>DO</p>  | <ul style="list-style-type: none"> • Wear your splint when sleeping and for protection. • Continue with scar massage. • Your exercises must be done every 1-2 hours. |
| <p>DON'T</p>  | <ul style="list-style-type: none"> • Don't push your thumb or wrist forwards with your other hand. • Don't drive. • Don't use your hand for medium or heavy activities |
|  | <ul style="list-style-type: none"> • Contact us if you have any concerns. • Contact us immediately if you feel a snap or have a sudden loss of movement in the affected thumb. • Telephone: 020 3299 8220 • Email: kch-tr.kingshands@nhs.net |

MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on **020 3299 4618** or email **kings.mychart@nhs.net**. Visit **www.kch.nhs.uk/mychart** to find out more.

Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information **visit www.kch.nhs.uk**

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: **020 3299 4618**

Email: **kings.pals@nhs.net**

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