

Extensor tendon rehabilitation – week five to week eight

Information for patients on the Modified Norwich Regime

Splint

Please continue to use your splint for protection at night, outside the house and at times when your hand may get accidentally knocked (for example, by pets and young children).

Scar

Massage the scar regularly with unscented moisturiser to keep it flat and supple.

Swelling

To continue to reduce the swelling, keep your hand raised (above the level of your heart).

Hand use

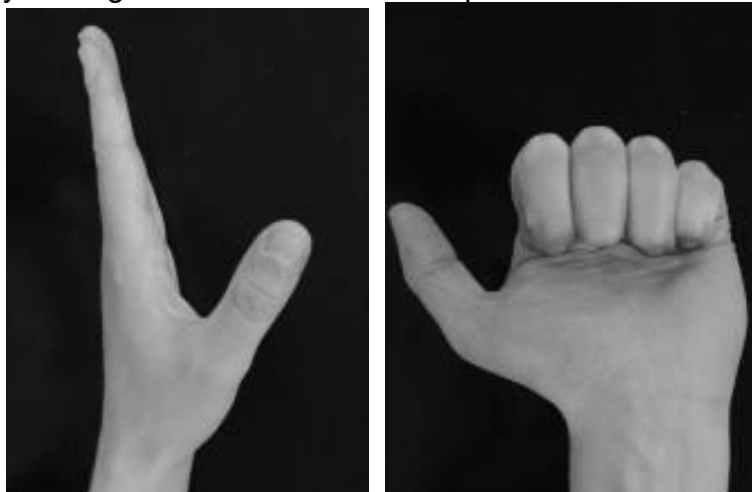
You can now start to use your hand for light activities such as using light switches, handling money and fastening easy buttons. Do not do any activity that involves resistance. Lifting a full cup of coffee or pint glass is too heavy for this stage. Do not make a firm or tight grip. Do not do any repetitive activities, for example, you can sign your name but do not write a long letter or essay. See advice below about what is classified as light hand use.

Exercises

Do all exercises slowly, gently and out of the splint.

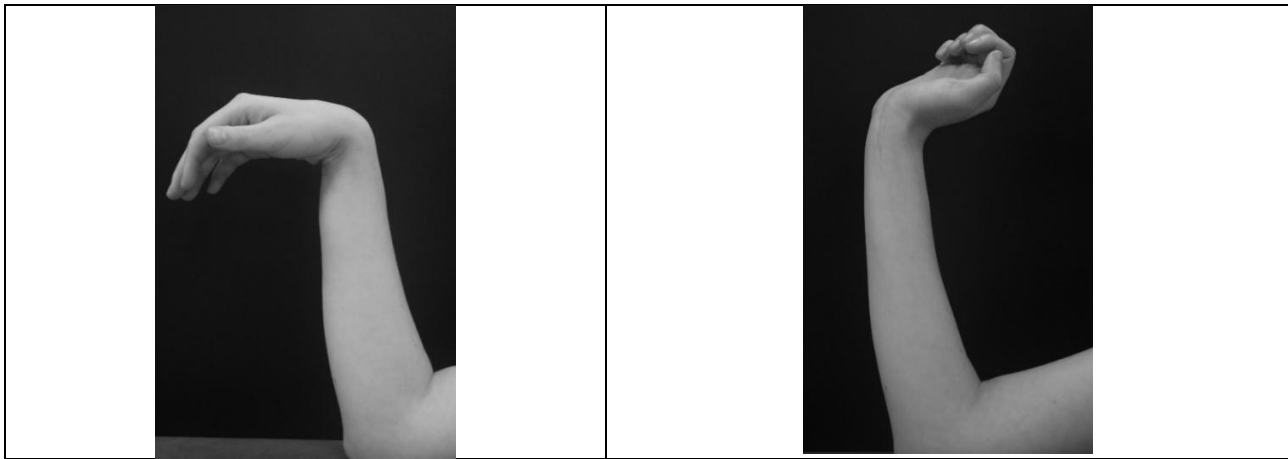
Do each exercise 10 times every 1 to 2 hours and hold for 10 seconds.

1. Perform all of your finger exercises out of the splint.



2. Gently bend your wrist forwards with your fingers relaxed and straight. **Do not** push. Hold for 5 seconds.

3. Gently bend your wrist backwards, keeping your fingers relaxed and slightly bent. Hold for 5 seconds.



Light activities	Medium activities	Medium or heavy activities
<ul style="list-style-type: none"> • Using telephone • Handling money • Playing games, cards or scrabble • Fastening light zips and clothes (not jeans) • Fastening easy buttons • Personal care • Combing short hair • Putting on light make-up • Signing your name • Using a remote control • Using a mouse • Reading a newspaper 	<ul style="list-style-type: none"> • Fastening shoelaces • Putting on socks or tights • Holding a small glass • Holding cup • Using fork and spoon • Washing up light utensils • Using scissors • Doing light craftwork • Holding light paper • Writing sentences (not an essay) • Using a keyboard • Turning key in door • Opening doors • Using an electric shaver 	<ul style="list-style-type: none"> • Holding pint glass • Carrying shopping bags • Washing up • Using domestic not industrial appliances • Ironing • Vacuuming (don't lift vacuum) • Using a knife • Cooking • Lifting saucepan • Lifting kettle • Using tin opener • Sweeping up • Washing up pans • Hanging out washing • Opening a ring can pull • Unscrewing jars

PALS

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