

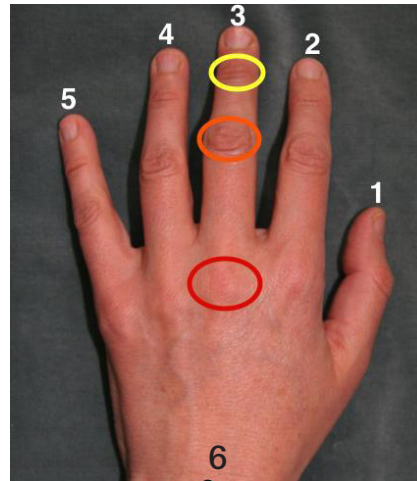
Word definitions:

Adhesion:

A condition in which body tissues that are supposed to be separated grow together because of scar building.

Splint:

A thin piece of hard material used to immobilize a fractured or dislocated bone, or to maintain any part of the body in a fixed position.



-  Base Joint
-  Middle Joint
-  End Joint
- 1. Thumb
- 2. Index
- 3. Middle Finger
- 4. Ring Finger
- 5. Little Finger
- 6. Wrist

Information sheet for patients

Postsurgical-Treatment of the extensor tendons zone 3-4
SAM (Early active Short Arc Motion)
Occupational Therapy Hand Rehabilitation



Your Occupational Therapist

Name: _____

Tel.: _____

Universitätsspital Basel
Ergotherapie Handrehabilitation
Spitalstrasse 21
4031 Basel
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Information Extensor Tendon:

During the surgery your tendon has been stitched. It is important to not put too much load on the stitched tendon. However, the tendon should be moved to avoid adhesions with other close structures. For this reason you have a splint which keeps your hand in the right position and relieves your tendon(s) from too much load. In addition, you get a home exercise program explaining how you should move your hand for training.



Positioning splint / resting splint

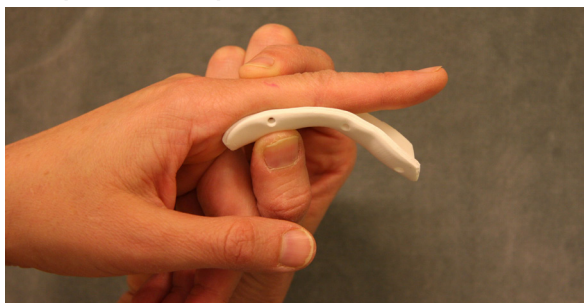
Wearing time of the splint:

6 weeks, 24 hours a day.

Home exercises:

Exercises until week 6:

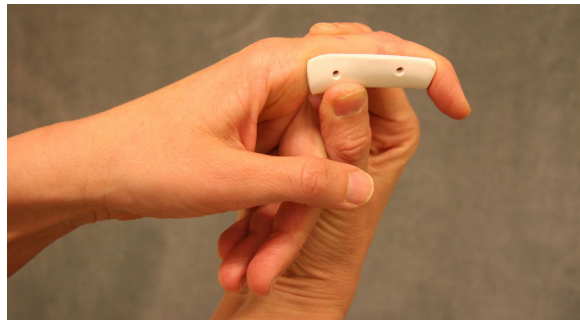
Every hour 10 repetitions



1st Exercise splint



Hold the exercise splint with your non-injured hand. Bend and extend the middle and end joint as far as the splint allows.



2nd Exercise splint

Hold the exercise splint with your non-injured hand. Bend and extend only the end joint.

Exercises from week 7:

Fist and full extension **without effort** is permitted.

Exercises from week 8:

Beginning of the strength build-up.

From week 11:

Normally full force is allowed.

Attention/Caution:

- Due to special circumstances this exercise program may be changed if your doctor or surgeon says so.
- Look out for pressure marks from the splint and inform your therapist.
- If your hand is swollen, elevate it.
- While taking a shower, protect your hand and splint with a plastic bag.