

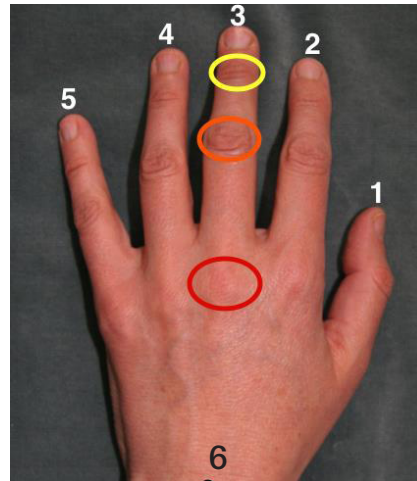
Word definitions:

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.

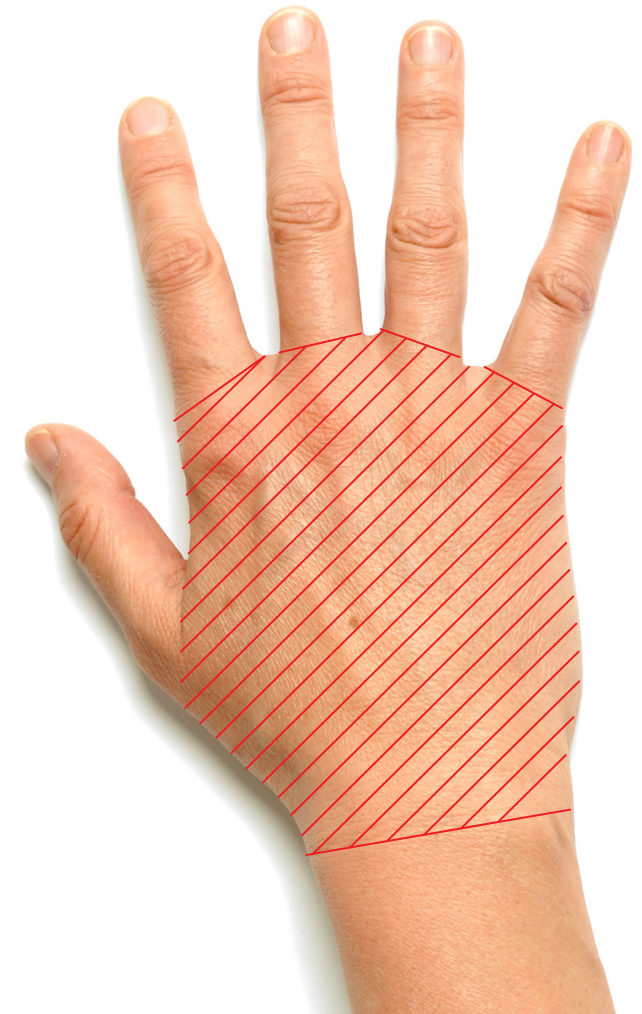


-  Base Joint
-  Middle Joint
-  End Joint
- 1. Thumb
- 2. Index
- 3. Middle Finger
- 4. Ring Finger
- 5. Little Finger
- 6. Wrist

Information sheet for Patients

Postsurgical-Treatment of the extensor tendons zone 5-7 „Jochsplint“

Occupational Therapy Hand Rehabilitation



Your Occupational Therapist

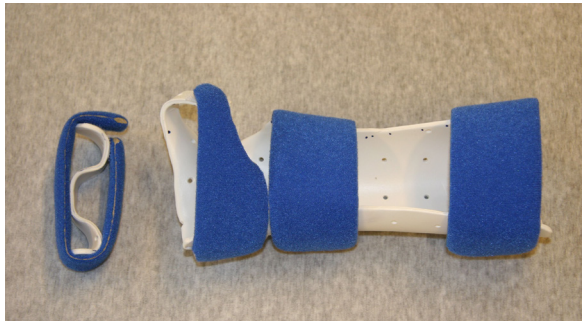
Name: _____

Tel.: _____

Universitätsspital Basel
Ergotherapie Handrehabilitation
Spitalstrasse 21
4031 Basel
Tel. +41 61 265 70 44

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.



"Jochteil" Cockup-splint

Wearing time of the splint:

Daytime: Cockup and "Jochteil" for 5 Weeks

Night time: Cockup and "Jochteil" or resting splint



Home Exercises:

1x a day: skin care and check for pressure marks.

Exercises until the end of week 3:

Every hour, 10 repetitions with both splint parts: bend and stretch your fingers actively without using too much force.

5x a Day move shoulder elbow and thumb.

From week 4:

Do exercises as mentioned above with Cockup-and "Jochteil". Bend and stretch your fingers. During exercise leave the cockup-splint out for 5 times and move your wrist actively without using too much force. Perform light daily activities without strength.

From week 5:

Wear the splint less often. During heavier activities use the "Jochteil".

From week 6:

Do not use either of the splint parts anymore and move your fingers and wrist actively without strength.

From week 8:

Beginning of 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.