

Early Active Motion Following APL / EPB Tendon Repair

This leaflet explains how to protect your tendon repair and the exercises which will optimise your potential recovery after your abductor pollicis longus (APL) and / or extensor pollicis brevis (EPB) surgery. This sets a foundation for recovery and for a return to your usual activities of daily living.

What is early active motion?

Early active motion is a set of exercises around bending and straightening the affected digits following your tendon repair.

Moving and exercising your thumb is essential to prevent stiffness and to encourage the repaired tendon(s) to glide again after surgery.

Movement has also been shown to promote better tendon healing.

It is also very important not to over-exercise your thumb, as this may damage the tendon repair. Therefore, **please ensure that you only exercise as instructed by your therapist.**

Following your therapist's instructions will help you to get as much movement in your thumb back as possible, over time.

Looking after my splint

A thermoplastic splint (supporting device) has been made for you to help protect your repaired tendon(s).

You must wear your splint **at all times** (even when sleeping) for four weeks after your operation. Do not remove the splint without the advice of your therapist.

You **must not** get the splint hot or wet, try to alter it in any way or take it off for any reason (including when sleeping and bathing) as this can increase the risk of damaging the repair.

You must wear the splint full time until _____.

Looking after my wound

To aid your recovery, your wound will be covered with minimal or no dressings. It is important to follow the instructions provided by your nurse. Your dressings must not get wet so take care that they avoid water when washing and showering. Some sutures dissolve and some need to be removed; your nurse will inform you on the type you have and where

to have them removed if needed. If you have any concerns about your wound contact the Hand Unit.

Will I be in pain?

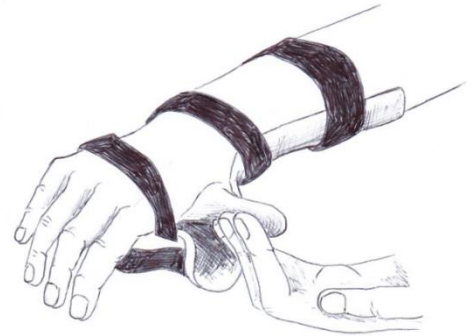
You may have some mild pain after surgery and during your exercises, which is a normal part of the recovery. Please take any pain killers you have been given as prescribed by a doctor.

Your exercises

1. Undo the strap across your thumb.

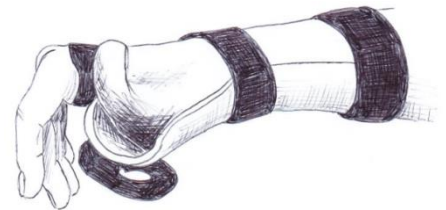
Using your unaffected hand, lift the thumb of your affected hand up and away from the splint. Keep the thumb straight as you lift it.

Slowly lower your thumb back down to the splint.



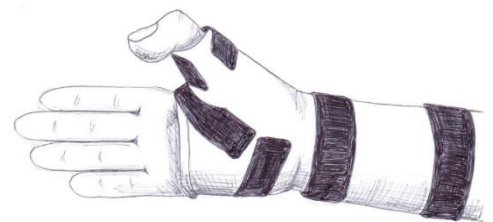
2. Using the muscles of your affected thumb, lift your thumb straight back and away from the splint.

Slowly lower your thumb back down to the splint.



3. Reattach the strap across your thumb.

Using the muscles of your affected hand, fully bend the tip of your thumb as far as possible.



How often should I do my exercises?

Please complete each exercise _____ times and hold for _____ seconds each time.

Repeat _____ times per day.

Additional instructions

What else should I do and not do?

- **DO** keep your fingers, elbow and shoulder moving normally to prevent stiffness.
- **DO** use your fingers for light tasks that weigh no more than one kilogram (two pounds).
- **DO NOT** use your thumb for anything other than the exercises you have been shown.
- **DO NOT** drive until advised by your therapist or doctor.

Contact us

If you have any questions about recovery after surgical repair of your thumb extensor tendon(s), please contact treatment enquiries on 020 8725 1038 (answer phone only, please leave a message and someone will get back to you as soon as possible).

For appointment enquiries, please contact 020 8725 0007.

Your therapist's name is _____

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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