

If you require this leaflet in any
other format, e.g, large print,
please telephone
01935 384526

EXERCISES FOR TRAPEZIECTOMY WITH SLING PROCEDURE

***Hand Therapy
Service***

Physiotherapy Department
01935 384358

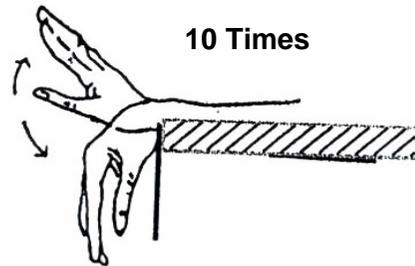
Occupational Therapy Department
01935 384215

www.yeovilhospital.nhs.uk

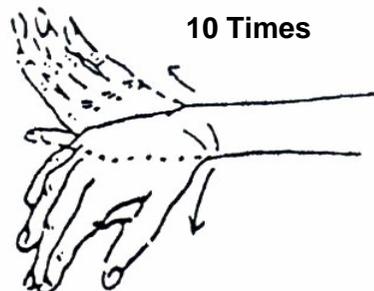
From 2 weeks, or when the plaster is removed, the new removable soft cast splint is made. This should be removed only for handwashing and exercises.

Exercises should be done slowly and should not cause too much discomfort. **Do not** force movement, your movements will improve over the next few weeks.

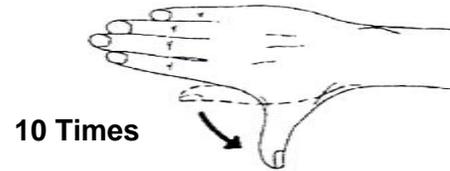
1. Hang your hand over the edge of a table or arm of a chair. Lift and lower your hand, keeping your forearm supported



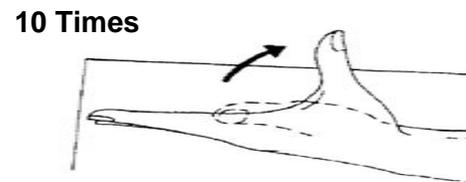
2. Rest your forearm on a table with a duster under your hand. Hold your forearm still with the opposite hand. Slide your hand from side to side.



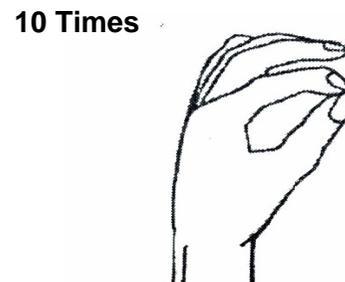
3. **Thumb Extension Span**
Place the palm of your hand on a table. Bring your thumb away from the index finger and then back again.



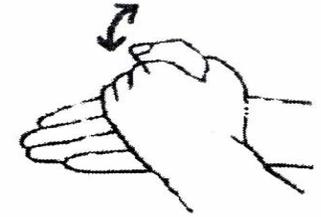
4. **Thumb Abduction Span**
Place the side of your hand on a table. Bring your thumb away from the palm and then relax the thumb (the action of holding a glass).



5. **Opposition**
Touch each fingertip with your thumb as able, do not force movement. Once you can touch your little finger, practise sliding your thumb down towards your palm from little finger.



6. **Isolated IPJ and MCPJ Flexion/Extension**
Hold your thumb below the 1st joint Bend and straighten the tip of the thumb. Move your hand down to hold below the 2nd joint and then bend and straighten this joint.
- 7.



At this stage do not use your hand for lifting.

At 6 Weeks

You can gradually come out of the splint during the day and use the hand for light activities.

Avoid any activities that cause pain.

If the joint is relatively pain free and stable, light grip and pinch strengthening begin.

Please continue with previous exercises.

Continue to wear the splint at night until 3 months post surgery.