

ECU Subsheat Rupture

Note: Avoid active movement of the wrist until healed. Perform following surgery with physician approval.

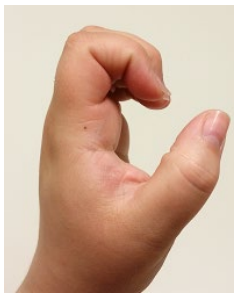
Tendon Gliding Exercises



1. Straight



2. Salute



3. Hook



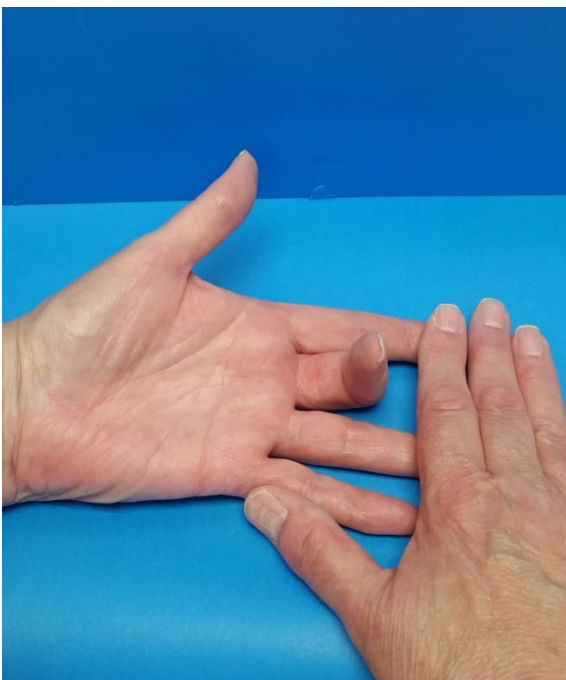
4. Fist



5. Straight Fist

Always return to straight after each exercise

Repeat 8 – 10 times, 3 – 4 times per day.



6. FDS Gliding

Hold fingers as shown. Bend the involved finger at the middle joint (PIP joint), hold for 5 seconds, and then straighten the finger.

Repeat 8 – 10 times, 3 – 4 times per day.

Wrist & Forearm Active ROM Exercises



1. Wrist Flexion & Extension

With forearm supported on table and wrist over the edge, lift hand up with fingers resting in a fist, and then relax hand down with fingers open. Repeat 8 – 10 times, 3 – 4 times per day.



2. Wrist Ulnar and Radial Deviation

With hand flat on table, slide hand side. Repeat 8 – 10 times, 3 – 4 times per day.



3. Forearm Supination and Pronation

Keeping elbow bent and close to your side, rotate your hand to turn palm up, and then palm down. It is helpful to use a light hammer or light weighted dowel to perform this exercise. Repeat 8 – 10 times, 3 – 4 times per day.