

Scaphoid Fracture

Note: Perform tendon gliding exercises during immobilization phase. Perform other exercises only after confirmed healing and with physician approval.

Tendon Gliding Exercises



1. Straight



2. Salute



3. Hook



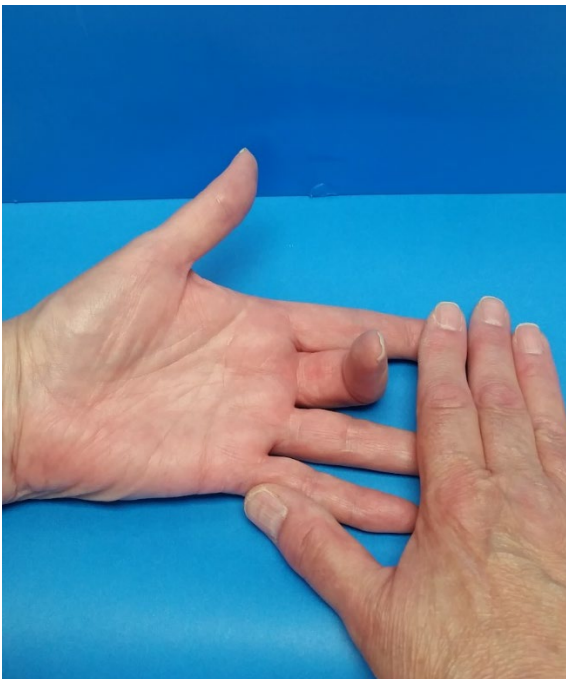
4. Fist



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.

UPSWING HEALTH

Thumb Active Exercises

Pause and hold each of these exercises at the end of the range you are trying to achieve



1. Thumb IP blocking

Brace thumb below tip joint. Bend joint.
Repeat 8 – 10 times, 3 – 4 times per day.



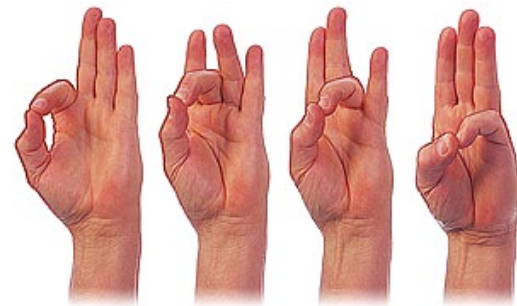
2. Thumb MP blocking

Using other hand to brace base of thumb, bend.
Repeat 8 – 10 times, 3 – 4 times per day.



3. Thumb Extension/Flexion

Bring thumb out to side away from fingers,
then bring thumb back into palm.
Repeat 8 – 10 times, 3 – 4 times per day.



4. Thumb opposition

Touch tip of thumb to tip of each finger.
Repeat 8 – 10 times, 3 – 4 times per day.

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5. Thumb Palmar Abduction

Bring thumb forward, away from your palm, and then back toward palm.

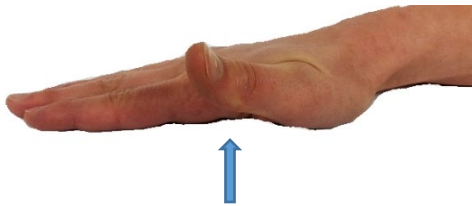
Repeat 8 – 10 times, 3 – 4 times per day.



6. Thumb Radial Abduction

Bring thumb out to the side, away from your index finger, and then back.

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



7. Thumb Extension

With hand resting flat on table, lift thumb straight up towards the ceiling.

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.

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Passive Wrist Stretches



Use uninvolved hand to gently bend involved wrist downward. Hold a comfortable stretch about 15 seconds. Repeat 8–10 times, 3–4 times per day.



Use uninvolved hand to gently bend involved wrist towards the ceiling. Hold a comfortable stretch about 15 seconds. Repeat 8–10 times, 3–4 times per day.

Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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Place both hands together in a 'meditation-like' position. If you are having a hard time keeping the base of the palms connected, place a card or thin object between both palms and attempt to hold together. Slowly start to increase wrist flexion (wrist bending) by lowering both wrists while maintaining the palms together. The fingers and thumbs should be resting against each other. Hold a comfortable stretch about 15 seconds. Repeat 8–10 times, 3–4 times per day.



Place both hands together in a 'reverse meditation-like' position. If this is difficult, try to keep the back of the palms connected by placing a soft sponge or like object between the back of both wrists and hold together. Slowly start to increase wrist bending by raising both wrists while maintaining the back of the wrists together. The fingers and thumbs should be relaxed. Hold a comfortable stretch about 15 seconds. Repeat 8–10 times, 3–4 times per day.