
Occupational Therapy Services

Duran Mobilisations – Thumb

Whilst your tendon injury is healing you may be required to wear a splint to protect your tendons from further injury. You will need to carry out specific exercises to help prevent joint stiffness, at the same time as protecting you from further injury.

You will have to wear the splint for four weeks and then undergo intensive therapy to ensure that you regain full use of your hand.

You are advised not to return to work until 8-12 weeks after the injury; however this depends entirely on your occupation.

Exercises

Passive exercises are those that involve moving a joint using your other hand only, without using any strength from the muscles of your affected hand.

Active exercises are those that involve moving a joint using the strength from the muscles of your affected hand only.

When you are wearing a splint you should **not actively bend** your thumb.

You will be shown by your therapist how to move the joints passively without using the injured tendon, hence allowing the tendon to heal.

- Passive bend of the tip of the thumb: _____ repetitions every _____ hours.
- Passive bend of the bottom joint of the thumb: _____ repetitions every _____ hours.
- Passive bend of the whole thumb so that the tip touches your palm at the base of the little finger: _____ repetitions every _____ hours.
- Every time you passively bend your thumb, stretch it actively out so that it touches the back of the splint.
- Stretch your elbow, shoulder and fingers actively every hour.
- Keep your hand elevated.

Do not attempt to use your hand for gripping, driving or lifting and **do not** attempt to wash your hand. Any of these exercises will damage the repaired tendon.

Your next appointment with the Occupational Therapist will probably be on the same day as your return to clinic 7 or ward D4 for removal of stitches.

Your therapist is _____ Tel: 01223 216769

If you experience any difficulties with your exercise routine, please do not hesitate to contact us.



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagidaki adrese e-posta gönderin: patient.information@addenbrookes.nhs.uk

Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করুন।

Bengali

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