

# Thumb Flexor Tendon Injuries Stage One Exercises

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Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatkach.

Therapist: \_\_\_\_\_

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## Flexor Pollicis Longus (FPL tendon)

You have injured the long flexor tendon located on the front of your thumb. Although the tendon has been repaired, it will take twelve weeks for it to be strong enough to allow you to return to normal activities.

Your splint protects the tendon while it heals and it is important to wear the splint at all times. Your therapist will guide you through specific exercises that allow safe movement.



### Exercises

1. Push your thumb into a fully bent position.



2. Push your thumb across towards your little finger.



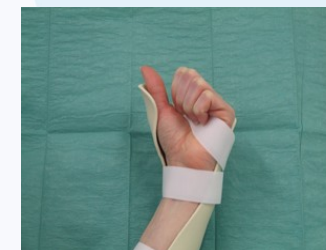
3. Straighten your thumb up towards the splint. **Do not push your thumb straight.**



4. Slowly and gently bend your thumb into a fully bent position.



5. Bend and straighten your fingers.



Repeat this cycle of exercises x5 reps each every hour