

# Thumb EPB/APL Repair Stage 1

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

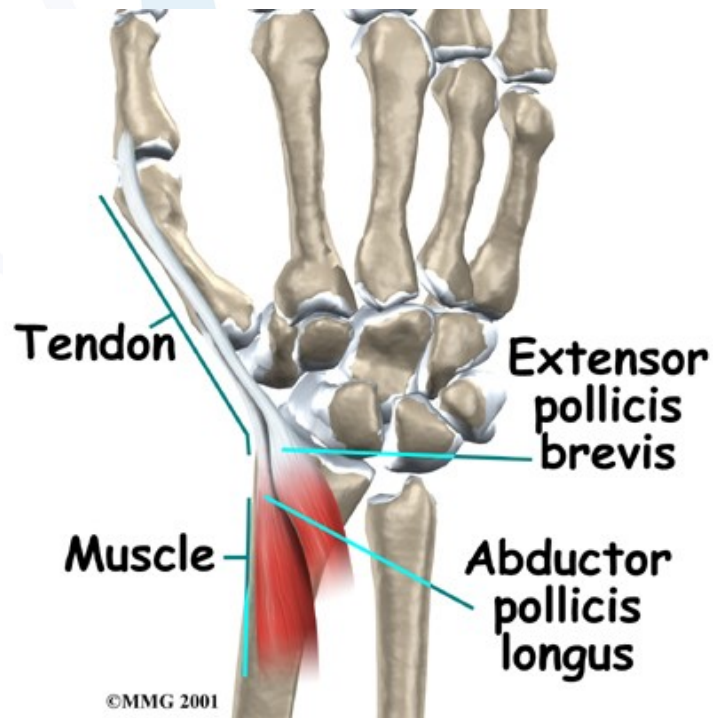
Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

Therapist:

Hand Unit,  
Whiston Hospital, Warrington Road,  
Prescot, L35 5DR

Telephone: 0151 430 1237

## EPB and APL



The APL tendon inserts at the base of your thumb, this tendon helps to abduct your thumb (bring your thumb forward and away from your palm).

The EPB tendon inserts just above this and works with the EPL tendon to extend the tip of your thumb.

## Exercises

Complete x5 reps, every 1 hour while awake.

1. Using your unaffected hand passively extended the tip of your thumb. Then repeat this action actively



2. Actively bend the tip of your thumb over top of splint



3. Maintain full range of movement of all unaffected fingers.

