

ORTHOPAEDIC PHYSIOTHERAPY DEPARTMENT

ISOLATED FLEXOR POLLICIS LONGUS REPAIRS ZONES 1-4

Splintage Position

- Wrist 20 degree extension
- MCP joint 10 degree flexion
- Thumb abducted (as much as tolerated)
- Finger MCP joint hood 40-45 degrees with a strap

Exercises

• As per CAM regime for both fingers and thumbs