<table>
<thead>
<tr>
<th>Day 1-5</th>
<th>Treatment supervised by therapist</th>
<th>Home programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Splint position:</td>
<td>Wrist 30° extension, MCP blocked at 45° flexion, IP joints free, and no strap over proximal phalanges</td>
<td>10 repetitions each hour:</td>
</tr>
<tr>
<td></td>
<td>• Composite active digit flexion and extension</td>
<td>• Active MCP flexion and extension</td>
</tr>
</tbody>
</table>

**Week 1**

If the patient develops problems with Active MCP Lag due to attenuation:

• Fabricate a resting splint with the wrist at 40-45°, MCP 0°, IP 0°

If the patient develops problems with stiffness:

• 10 repetitions each hour
• DIP and PIP joint blocking

• The patient remains in the splint for all ADLS
• Stop exercise if experience severe pain during exercise

<table>
<thead>
<tr>
<th>Week 3 to 4</th>
<th>• MCP block position on splint is adjusted to allow 70° flexion (see variation if extension lag present)</th>
<th>10 repetitions each hour:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• With splint on, continue composite active digit flexion and extension</td>
<td>• Full active extension of the MCP with IP flexed</td>
</tr>
</tbody>
</table>

**Week 5**

• Splint discontinued
• Light ADLS commenced

10 repetitions each hour:

• Commence active composite digit flexion and extension in and out of the splint
• Complete on table top, gently extending wrist as digits flex

**Week 6 to 7**

• Return to non-manual (desk-based) work

10-20 repetitions per hour:

Active exercises

• Active tendon gliding exercises
• Active wrist tenodesis is gradually increased to full motion
• Individual active finger extension on table top
• Intrinsic minus / claw position, with MP hyperextension
• Simultaneous active finger and wrist flexion

Passive exercises

• Progress to passive composite flexion of digits gradually
• Progress to passive flexion of the wrist gradually
• Progress to simultaneous passive finger and wrist flexion

**Week 8 to 11**

• Return to driving. Gradually increase resistive activities

**Week 12**

• Return to heavy manual work