Hand Therapy
Exercises following Trapeziectomy

Information for patients

This leaflet can be made available in other formats including large print, CD and Braille and in languages other than English, upon request.
What exercises should I do after my surgery?

You should only do the exercises your Hand Therapist has advised. These will be progressed when you are ready.

**Week 4:**

You should remove your splint before doing these exercises.

**Perform all exercises 5 times a day**

**Exercise 1**

Place hand palm down on a table. Move your thumb away from your fingers (hold for 10 seconds) and then move your thumb back to fingers (hold for 10 seconds).
Exercise 2

Holding a small soft ball move it around in your palm using your fingers and thumb, repeat this 10 times.

Week 6:

Exercise 1

Place palm of hand flat on table. Move thumb away from fingers and lift thumb upwards off the table (hold 10 seconds, repeat 10 times).

Exercise 2

Screw a loose bottle top on and off 10 times in each direction.
Exercise 3

Place the tip of your thumb at the base of your index finger then slide the tip of your thumb up the index finger to form an “O” shape, then slide back down. Repeat 10 times.

Exercise 4

Bend your wrist forwards and backwards over the edge of a table. Repeat 10 times.
Week 8:

Exercise 1

Place the tip of your thumb at the base of your index finger then slide the tip of your thumb up the index finger to form an “O” shape. Then slide the tip of your thumb over your finger tips to the little finger. Slide down to the base of your little finger as able and then back across palm to starting position. Repeat 10 times.
Contact numbers

Please contact the Hand Therapy Team if:
- you have any concerns or questions
- if your splint is rubbing, uncomfortable or damaged.

North Tees and Hartlepool NHS Foundation Trust

Hand Therapy Team
Telephone: 01429 522471
Monday – Friday, 8.30am – 4.30pm

You will be asked to attend either:

Hand Therapy
1st Floor, North Wing
University Hospital of North Tees

Physiotherapy Outpatients Department
Ground Floor
University Hospital of Hartlepool

References


This leaflet has been produced in partnership with patients and carers. All patient leaflets are regularly reviewed, and any suggestions you have as to how it may be improved are extremely valuable. Please write to the Clinical Governance Team, North Tees and Hartlepool NHS Foundation Trust, University Hospital of North Tees or Email: nth-tr.leaflets@nhs.net

Comments, Concerns, Compliments or Complaints

We are continually trying to improve the services we provide.

We want to know what we’re doing well or if there’s anything which we can improve, that’s why the Patient Experience Team is here to help.

Our Patient Experience Team is here to try to resolve your concerns as quickly as possible. If you would like to contact or request a copy of our PET leaflet, please contact:

Telephone: 01642 624719
Monday – Friday, 9.30am – 4.00pm
Messages can be left on the answering machine and will be picked up throughout the day.

Freephone: 0800 092 0084

Email: nth-tr.PatientExperience@nhs.net

Out of hours if you wish to speak to a senior member of Trust staff, please contact the hospital switchboard who will bleep the appropriate person.

Telephone: 01642 617617
24 hours a day, 7 days a week

The Patient Experience Team is available to discuss your concerns in person Monday – Friday, 9.30am – 4.00pm. The office is based on the ground floor at the University Hospital of North Tees.

Data Protection and use of patient information

The Trust has developed a Data Protection, Caldicott and Disclosure Policy (IG5) in accordance with the Data Protection Legislation (General Data Protection Regulations and Data Protection Act 2018) and the Freedom of Information Act 2000. All of our staff respect this policy and confidentiality is adhered to at all times. If you require further information please contact the Information Governance Team.

Telephone: 01642 383551 or Email: nth-tr.infogov@nhs.net