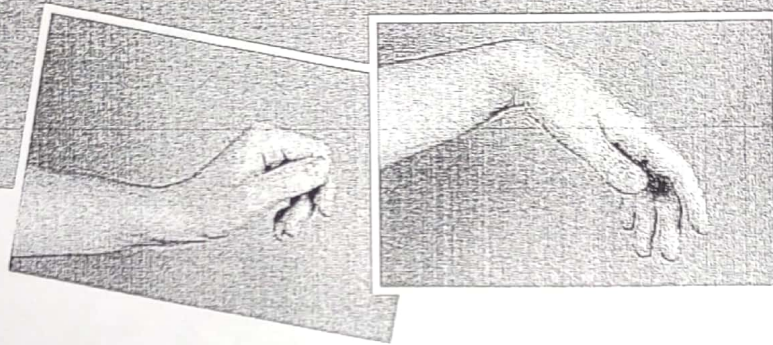


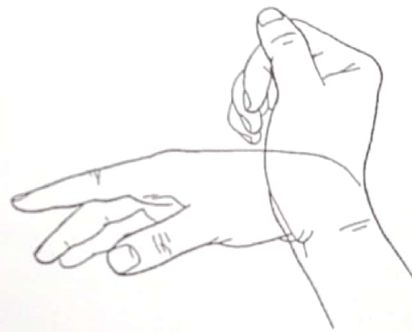
# Protection of Tenodesis Grasp

Maryam Alemar OTS



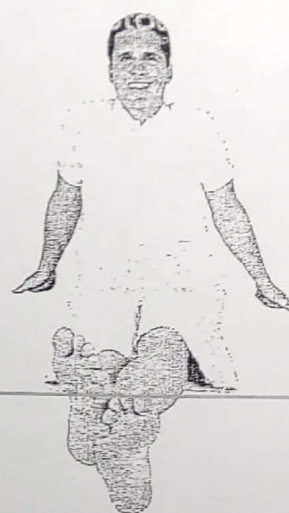
## Anatomy

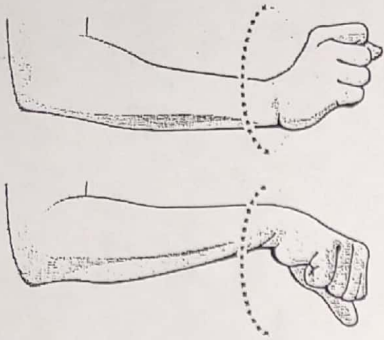
- Wrist flexion causes extensor digitorum, extensor pollicis longus and brevis to be passively stretched causing passive extension of fingers and thumb
- Wrist extension causes flexor digitorum superficialis, extensor digitorum profundus, and flexor pollicis longus to be passively stretched causing flexion of fingers and thumb



## Positioning

- Wrist is in an extended position with fingers flexed or wrist is in a flexed position with fingers extended
- "Boxing glove" position
- Hand mitt
- Backprop in sitting with fingers curled in or in a fist





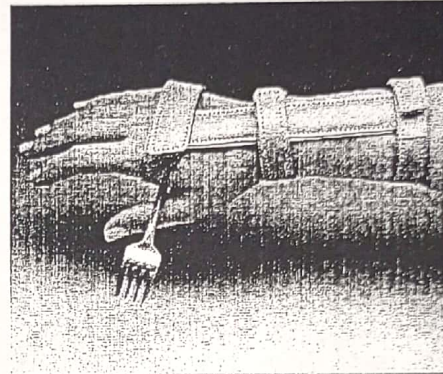
## ROM

Moving the wrists regularly in a circular motion will prevent stiffness

## Assistive Devices

Universal cuff

Built up handles



## Futuro

Still allows for finger flexion while wrist is extended

Contraindicated: resting hand splint due to wrist extension with digits extended



ONLY  
STRAIGHTEN  
FINGERS WITH  
WRIST LIKE THIS

