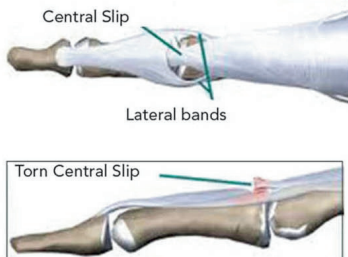


Central Slip Injury

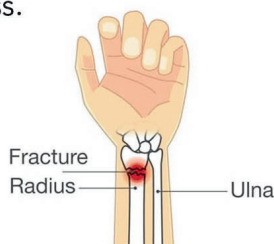
The central slip is a segment of the extensor tendon mechanism. It acts to straighten the finger. Central slip injury may originate from a fracture where a chip of bone displaces along with the tendon. It is easily treated in a small splint.

At Action Rehab we can splint the finger and commence a graded introduction to exercises including strengthening once the tendon is stable.



Distal Radial Fractures

Also referred to as Colles' or Smith's fracture. This injury is often associated with shortening of the radius. If the fracture occurs close to the wrist this can alter the alignment of the joint, causing pain and loss of function. Treatment includes immobilising of the wrist for approximately 6 weeks. Action Rehab can fabricate a plastic brace for this purpose. This will mean you can wash your hand and it is much better than plaster or fibreglass.



(02) 9743 4672

Your Injury, Your Outcome, Our Passion.

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Providing Hand & Upper Limb Therapy in Sydney.

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Common Conditions



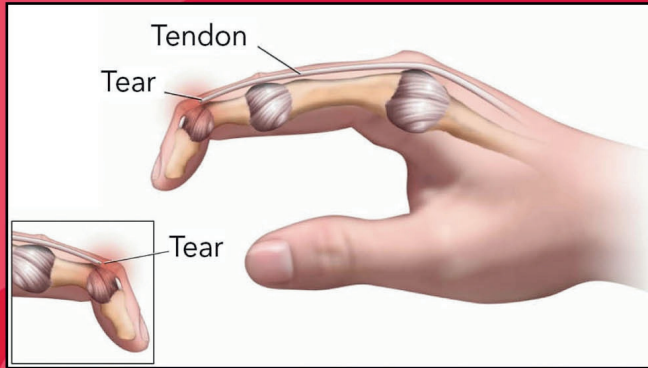
How Can We Help?

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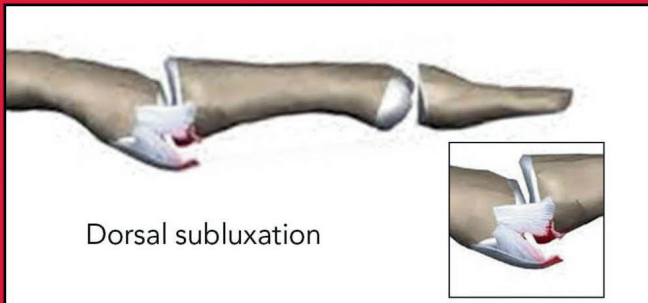
Mallet Finger

Is caused by the rupture of the extensor tendon, preventing the tip joint from straightening. To treat this, patients of Action Rehab will be provided with a custom made thermoplastic finger splint which will keep the DIP joint in hyperextension continuously for 6 – 8 weeks; this will allow the tendon to heal.



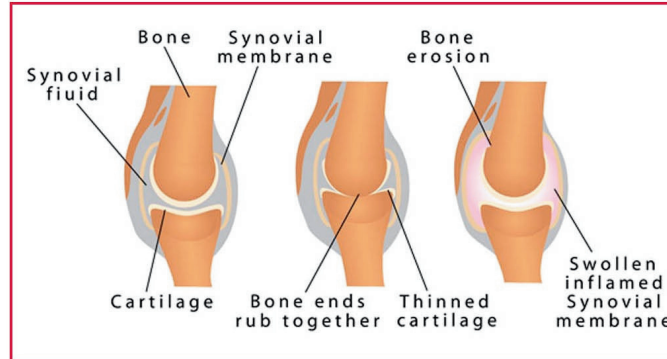
Finger Dislocation

Occurs when the joint is hyperextended causing the ligaments to tear. It can occur along with an avulsion fracture. At Action Rehab this injury is treated with a dorsal blocking splint and gentle range of movement within the splint with grading of exercises and strengthening.



Thumb Osteoarthritis

A common condition involving the degeneration of the thumb CMC joint, which can cause significant pain. At Action Rehab we can provide a small brace and strengthening exercises to reduce pain and swelling, prevent further degeneration of the joint and restore function of the hand.

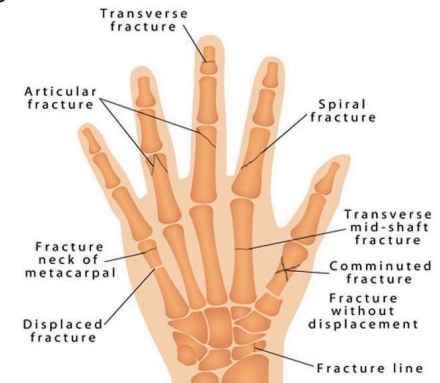


How We Can Help?

- **Urgent same day appointments**
- **Referral to imaging**
- **Return to sports plan**
- **Strength & exercise rehabilitation**
- **Custom thermoplastic orthoses**
- **Management of upper limb conditions**

Finger Fractures

These can be treated conservatively using an appropriate brace from Action Rehab. Often this decision depends on the location and type of fracture. If treated conservatively a splint can be fabricated to immobilise the fracture and provide a lightweight but robust support. Therapy following surgical and conservative treatment aims to improve function and strength.



Tennis Elbow

Lateral epicondylitis (Tennis Elbow) is inflammation of the tendon that extends the wrist. It is common in any job that requires repetitive bending of the wrist in a backward direction such as typing. The aim of therapy for this condition is to reduce pain by supporting the wrist and increasing strength in wrist extensors, pronators and supinators.

