EIP to EPL Tendon Transfer Rehab Protocol

Dr. Nielsen

Standard Rehab (unless specified otherwise)

- 2 weeks to 4 weeks
  - Splints:
    - Extension splint with thumb IP and MP fully extended, wrist 30 degrees extended, thumb midway between radial and palmar abduction
    - Wear full-time
  - ROM
    - None at thumb or wrist
    - Encourage aggressive finger ROM
      - No index finger extension against resistance
  - Use: may use other fingers at home up to 5 pounds with splint on

- 4 to 5 weeks
  - Splints
    - Same as initial
  - ROM
    - Start AROM of thumb for flexion and extension
    - Start AROM of wrist for flexion and extension
    - Separate wrist and thumb AROM to avoid composite (simultaneous) flexion of both
  - Use: may use other fingers at home up to 5 pounds with splint on

- 4 to 5 weeks
  - Splints
    - Same as initial
    - Wear except with exercises
  - ROM
    - Start composite AROM
    - Separate wrist and thumb ROM to
  - Use: may use other fingers at home up to 5 pounds with splint on

- 6 to 8 weeks
  - Splints
    - Same as initial
    - Wear except with exercises
  - ROM
    - Start PROM for thumb and wrist flexion
  - Use: 5-pound lifting restriction at home in DIP extension splint, may use finger in splint

- 8 to 12 weeks
  - Splint
    - Discontinue splint unless performing heavy activities
  - ROM
    - Aggressive active and passive ROM
    - Add strengthening exercises if necessary
  - Use: 5-pound lifting restriction at home out of splint, 20 pounds lifting in splint
    - Avoid activities that could jerk thumb into flexion

- 12 weeks
  - Full use
  - Strengthening PRN