

EIP to EPL Tendon Transfer Rehab Protocol

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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