



**ORLANDO HAND SURGERY ASSOCIATES
801 N. ORANGE AVE SUITE 600
ORLANDO, FL 32801
PHONE (407)-841-2100
FAX (407)-841-5705**

ECU Reconstruction/Stabilization

POD 4-5:

Splint: Post operative dressing is removed. Patient is fitted with a Munster Splint in 45 degrees of pronation to be worn FULL TIME with the wrist immobilized in neutral.

Motion: Digital ROM is encouraged.

4 weeks:

Splint: Volar cock up splint is fabricated in place of Munster.

Motion: Gentle progressive AROM supination is initiated. NO WRIST FLEXION OR EXTENSION

6 weeks:

Splint: Volar cock up weaned over 2 weeks.

Motion: Unrestricted AROM/PROM flexion, extension, supination, pronation. AVOID WRIST FLEXION AND ULNAR DEVIATION UNTIL 8 WEEKS POST OP.

8 weeks:

Motion: Continue as above. May begin gentle progressive strengthening, including wrist flexion and ulnar deviation, however avoid supination strengthening until 10 weeks post op.

Please call with questions or concerns at the phone number above.