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EIP to EPL Tendon Transfer

0-2 Weeks:

Splint:

- Forearm-based dynamic thumb extension splint for day use
 - Wrist 30 degrees extension and thumb in extension
 - Apply outrigger more proximally to allow for hypextension of the IP joint
- Forearm-based static extension splint for night use

Motion:

- Begin protected thumb IP joint flexion to 30 degrees
- Protected wrist and thumb PROM in therapy sessions only
- Edema reduction techniques

2 Weeks:

Splint: Continue as above

Motion:

- Advance thumb IP joint flexion to 45 degrees
- Continue protected wrist and thumb PROM in therapy sessions only
- Continue dynamic assist thumb extension within splint

3 Weeks:

Splint: Continue as above

Motion:

- Begin "place and hold" exercises for thumb IP joint extension
- Motor re-training with index finger extension, as needed
- Instruct patient to use 50% of motor power with exercises
- Advance IP joint active flexion to 60 degrees
- Begin active wrist ROM in all exercises sessions in tenodesis pattern



4 Weeks:

Splint: Wean from dynamic extension splint, but continue static extension splint at night

Motion:

- Begin active thumb IP extension
- Wean from dynamic extension splint
- Monitor for extensor lag

5-6 Weeks:

Splint: Discontinue static extension splint if no extensor lag present

Motion: Advance to strengthening program

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