



Thomas R. Hunt III, M.D., D.Sc.

Tendon Transfer EIP to EPL

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

0-3 or 4 Weeks Post Op

Patient will be immobilized in static cast with thumb and wrist extended.

3 or 4-6 Weeks Post Op

Forearm based thumb spica splint—wear full time except to exercise

AROM Exercises: 4-6 times a day for 5-10 minutes at a time

Thumb abduction and adduction

Finger abduction and adduction

Opposition to index and long fingers—with gradual progression to other digits

Circumduction

Thumb MP/IP joint blocking

Thumb extension

Wrist extension with thumb extension

Wrist flexion with thumb extension

Wrist ulnar and radial deviation

NO simultaneous wrist and thumb flexion

6 Weeks Post Op

Discharge splint

Exercises

Continue AROM

FES if approved by physician

Light resistive exercise—putty and thumb extension against graded rubber band loops

Light resistive activities incorporating 1-2 pounds of resistance

8-10 Weeks Post Op

Graded resistance program—putty, theraband, isometric extension for wrist extensors

PROM—thumb MP and IP joints

Begin 2-3 pounds of resistance and continue to gradually increase

Work hardening and heavier resistance is added

Return to work at 8-14 weeks post op