

THERAPY PROTOCOL

EIP to EPL Transfer

Dr. Logli

Days 0-7

- **Splinting:** 1 forearm based thumb spica with IP included with positioning the wrist in 20° of palmar flexion with the thumb in wide palmar abduction (under the index finger) for continual wear
- AROM unaffected digits
- Isolated EDC exercises

Days 10-14

- Scar management with wound closure
- Advance thumb IP flexion to 45 degrees at 2 weeks PO
- Protected independent wrist and thumb PROM, **in therapy only**

Week 3

- “Place and hold” for thumb IP extension
- Functional palmar grasp activities with motor retraining of IF and thumb
- Active motion as tolerated

Week 4

- Continue activation

Week 6

- **Orthosis discontinued**
- Full-arc ROM
- PROM, **without** combined passive wrist extension and thumb adduction

Week 7

- Passive thumb ABD permitted
- Webspace stretching

Week 8

- Begin strengthening up to 5 pounds

10 weeks

- Unrestricted as tolerated