

## EIP to EPL Tendon Transfer

**Dr. Staiger**

\*Schedule OT same day as doctor.

Time Frame	Treatment	Goals
Phase I Post-Op Day 10-14	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Fabricate forearm-based thumb spica orthosis including IP.               <ul style="list-style-type: none"> <li>○ Wrist 30° extension and thumb midway between radial and palmer abduction with MP and IP full extension (IP may be placed in 10° of hyperextension.)</li> </ul> </li> <li>• Instruct in edema management techniques.</li> <li>• Educate on scar massage and when to begin the scar massage (3 days after sutures removed provided incision is closed).</li> <li>• Issue scar pad (to be worn once incision is healed).</li> <li>• Issue gentle ROM exercises for uninvolved joints to be completed 3-4 times/day.</li> <li>• Begin gentle AROM thumb flexion with PROM extension.</li> </ul>	<ul style="list-style-type: none"> <li>• Edema control</li> <li>• Scar management</li> </ul>
Phase II 4 Weeks	<ul style="list-style-type: none"> <li>• May use modalities as indicated.               <ul style="list-style-type: none"> <li>○ May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated.</li> </ul> </li> <li>• Initiate AROM to the involved wrist and thumb               <ul style="list-style-type: none"> <li>○ Isolate wrist ROM from digit ROM,</li> <li>○ complete simultaneous extension of the IF and thumb.</li> </ul> </li> <li>• Educate in composite active flexion of the wrist and thumb.</li> </ul>	<ul style="list-style-type: none"> <li>• ROM</li> </ul>
Phase III 5-6 Weeks	<ul style="list-style-type: none"> <li>• Orthosis may be discontinued.</li> <li>• Issue PROM to wrist and thumb begin completing to wrist and digits independently for a week.</li> <li>• Educate in reverse blocking (wrist and thumb MP passively flexed then have client actively extend the thumb IP joint).               <ul style="list-style-type: none"> <li>○ This may be progressed by gradually bringing wrist into extension but still having the thumb MP passively flexed and client actively extending the thumb IP joint.</li> </ul> </li> <li>• Initiate strengthening exercises.</li> </ul>	<ul style="list-style-type: none"> <li>• Functional ROM</li> <li>• PREs</li> </ul>