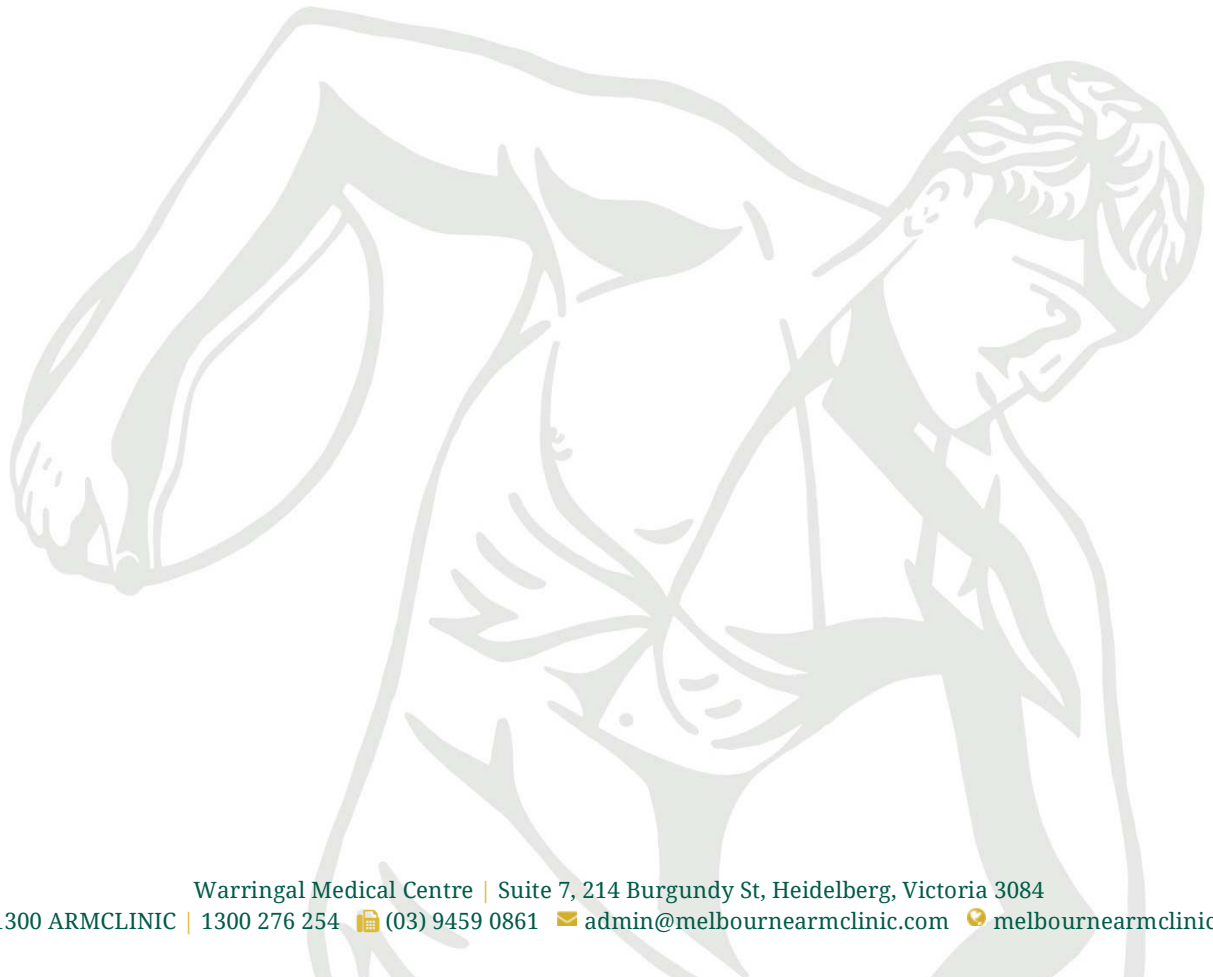




Tendon Transfer (EI to EPL) Protocol





Tendon Transfer (EI to EPL)

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MS, FRACS (Orth)

Orthopaedic Surgeon

Sling	When will I go home?	What can I do?	What can't I do?
No sling	You will be discharged on the <u>same</u> day as the operation	Rest in splint	No lifting

Acute phase (0-2 weeks)

Goals

- Reduce pain

Rehabilitation

- Rest in plaster splint

Intermediate phase (2-6 weeks)

Goals

- Control pain
- Protect surgical repair

Rehabilitation

- Change into scaphoid brace

Late phase (>6 weeks)

Goals

- Regain hand range of movement
- Regain strength, proprioception and function

Rehabilitation

- Commence thumb and hand range of movement
- Thumb opposition and strength exercises from 12 weeks

Guidelines for return to functional activities

Driving	Lifting	Swimming	Golf
8 weeks	12 weeks	8 weeks	4 months