

EXTENSOR POLLICIS LONGUS (EPL) REPAIR

Evaluation

Measure AROM of fingers and wrist. Assess scar and edema. NO PROM and no strength testing at all.

3 - 5 days postop

1. Orthosis fabrication: Thumb Spica
 - a. Thumb positioned between palmar abduction and radial abduction
 - i. IP of the thumb in slight hyperextension
 - b. Wrist should be positioned in about 20 degrees of extension
2. Use edema massage techniques for swelling.
3. Splint at all times (day and night).

4 - 6 weeks postop

1. Begin AROM exercises
 - a. Active IP extension of the thumb with wrist and MP joint in slight flexion
 - i. Important for EPL excursion
2. Use edema massage techniques for swelling.
3. Splint at all times (day and night). It can only be removed for exercises during the day.

6 weeks postop

1. Incorporate PROM exercises for wrist and thumb
2. Begin weaning out of splint, reducing wear time by one hour each day.
3. Monitor closely for extensor lag while discontinuing splint.

7 weeks postop

1. Orthosis can be discontinued at this time
2. While continuing to monitor extensor lag, initiate dynamic flexion
3. Incorporate putty exercises for strengthening activities