



## Dr. Klika & Dr. Kirkpatrick Tendon Transfer EIP to EPL

Closed ruptures of the EPL typically occur in closed fractures of the wrist and rheumatoid arthritis. These ruptures are not amenable to direct repair. Successful rehabilitation following EIP to EPL tendon transfers requires the guidance of a highly trained hand therapist. The therapist promotes motor retraining of the transferred tendon and treatment to control scarring and edema to regain normal function of the thumb.

### Phase 1- Protect Transfer, Motor Retraining (0-6 weeks)

#### Goals for phase 1

- Protect healing tendon transfer
- Facilitate transfer motion for motor retraining of tendon
- Gradually resolve extrinsic extensor tightness through active exercise

#### Other Considerations:

- When activating the tendon transfer, start with 5 reps x3 sets spaced out throughout a therapy session, being careful not to over-fatigue the muscle.
- When activating the repair, the following techniques may be helpful: gravity eliminated plane, place and holds, prevent old substitution patterns, perform desired motion on uninvolved side with involved arm simultaneously, visualization, motor imagery with mirror box, biofeedback, NMES, vibration, water or fluidotherapy for buoyancy effects
- When initiating active composite wrist and thumb flexion, do no overstretch the repair. Monitor for extensor lag at thumb IP joint. If extensor lag develops, decrease active stretch to the thumb and wrist extensors.

#### Orthosis

- Custom forearm-based wrist and thumb extension splint for continual wear
- Wrist positioned in 30 degrees extension, thumb midway between radial and palmar abduction; thumb MP full extension, IP full extension to 10 degrees of hyperextension.
  - 3-1/2 weeks post op – Remove for therapy and home exercises

#### ROM

- **10-14 days post-op:** AROM to uninvolved joints
- **3-1/2 weeks post-op**
  - Isolated wrist & digit active ROM for at least the first week
  - Activate the tendon transfer:
    - Simultaneous extension of IF/Thumb
- **4-1/2 weeks post-op**
  - Initiate composite active flexion of wrist & thumb
  - Reverse blocking: hold passive flexion of wrist & thumb MP joint, then ask patient to actively extend thumb IP joint; progress by gradually bringing wrist into increased extension, but keep MP joint flexed as patient attempts active extension of IP joint

#### Manual Therapy

- Begin scar massage no sooner than 2 days after suture removal after scar is fully closed and no scabbing is present. Begin with light massage using lotion.
- Scar remodeling products as needed
- Desensitization as needed to SBRN
- Manual Edema Mobilization as needed for swelling

#### Edema Management

- Light compression with Coban or compression sleeve to thumb, index, hand, forearm

#### Wound Care

- Sterile dressing changes as needed

#### Modalities

- NMES at 3-1/2 weeks post op if needed to facilitate tendon excursion



## Phase 2 – Restore ROM, Strength and Hand Function (6-10 weeks)

### Goals for phase 2

- Regain full active motion
- Restore original function of EPL
- Restore hand function

### Other Considerations:

- When initiating passive composite wrist and thumb flexion, do not overstretch the repair. Monitor for extensor lag at thumb IP joint. If extensor lag develops, avoid passive stretch to the thumb and wrist extensors and prolonged splinting may be necessary.

### Expected return to work

- Sedentary 3-4 days post-op
- Medium Labor 6 weeks post-op
- Heavy Labor 8-10 weeks post-op

### Orthosis

- Reduce to gutter splint holding thumb IP joint in full extension to 10 degrees hyperextension for additional 1-2 weeks
  - Gutter splint is discontinued with an extensor lag of 10 degrees or less
- For significant scarring and deficits in composite thumb flexion, taping or dynamic flexion splinting may be initiated

### ROM

- Continue AROM to wrist and thumb
- Initiate PROM to wrist & thumb (for first week perform isolated wrist & thumb motion then gradually progress to composite wrist and thumb flexion)
  - May include taping to facilitate ROM

### Modalities

- Ultrasound for scar/tendon excursion
- Continue NMES as needed to facilitate tendon excursion

### Strengthening

- 7 weeks: Initiate strengthening to wrist and hand
- 8 weeks: Initiate weight bearing
  - No limitations at 12 weeks post op
- After 8-10 weeks and with MD consent a comprehensive work conditioning program for patients with high demand / heavy manual labor occupations may be appropriate

**Discharge to HEP full time when patient has full, smooth wrist and thumb ROM without hesitation**

### References

Amini D, Jacobs N, Arras N, et al. Treatment Guidelines for Tendon Transfers. American Society of Hand Therapists. 2002.

Hunter MN, Mackin EJ, Callahan AD, Skirven TM, Schneider LH, Osterman AL. Rehabilitation of the Hand and Upper Extremity. Fifth edition. Mosby: St. Louis; 2002: 779-879.

Cannon NM, et al. Diagnosis and treatment manual for physicians and therapists. Third edition. The Hand Rehabilitation Center of Indiana. 2001.

This protocol was reviewed and updated by Brian Klika, MD, Lacey Jandrin, PA, Andrew Kirkpatrick, MD, Tiffany Terp, PA, and the Hand Therapy Committee 8/9/2021.