Tendon Transfer
(EL to EPL)
Protocol
Tendon Transfer (EI to EPL)

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<table>
<thead>
<tr>
<th>Sling</th>
<th>When will I go home?</th>
<th>What can I do?</th>
<th>What can’t I do?</th>
</tr>
</thead>
<tbody>
<tr>
<td>No sling</td>
<td>You will be discharged on the same day as the operation</td>
<td>Rest in splint</td>
<td>No lifting</td>
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</tbody>
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**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**

<table>
<thead>
<tr>
<th>Driving</th>
<th>Lifting</th>
<th>Swimming</th>
<th>Golf</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 weeks</td>
<td>12 weeks</td>
<td>8 weeks</td>
<td>4 months</td>
</tr>
</tbody>
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