



**Extensor Pollicis Longus Tendon Repair: (early passive and active mobilization)
Post Operative Rehabilitation Protocol**

Following Surgery:

- Expect a bulky compressive dressing and splint (to remain in place until therapy appointment).
- Elevate and ice for additional pain relief (Elevate above your heart).
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

3-5 Days Post Op (at therapy):

- Splint is removed, and custom thumb spica splint is fabricated (IP joint in full extension).
- Initiate passive Range of Motion (ROM) exercises as directed by your therapist.
- Okay to initiate place and hold exercises.

2 Weeks Post Op:

- Follow up appointment in clinic for wound check.
- Sutures will be removed and may begin scar massage within 48 hours after suture removal if wound is healed.

6 Weeks Post Op (at therapy):

- Initiate active ROM exercises.
- Splint discontinued. Consider wearing during strenuous activities for additional 2 weeks.

8 Weeks Post Op:

- Follow up appointment in clinic.
- Gentle, progressive strengthening may be initiated with putty or light hand weights
- May begin progressive passive flexion stretches of the IP joint.

12 Weeks Post Op:

- Normal use of hand in activities of daily living is encouraged.

Considerations:

- Repairs of tendons weakest at 3-4 weeks post-operative.