

Dr. Robert Wysocki

ECU reconstruction/stabilization protocol

POD 4-5:

Splint: Post operative dressing is removed. Patient is fitted with a Munster Splint in 45 degrees degrees of pronation to be worn FULL TIME.

Motion: Digital ROM is encouraged.

4 weeks post op:

Splint: Volar cock up splint is fabricated in place of Munster.

Motion: Gentle progressive AROM supination is initiated. NO WRIST FLEXION OR EXTENSION

6 weeks post op:

Splint: Volar cock up weaned over 2 weeks.

Motion: Unrestricted AROM/PROM flexion, extension, supination, pronation. AVOID WRIST FLEXION AND ULNAR DEVIATION UNTIL 8 WEEKS POST OP.

8 weeks post op:

Motion: Continue as above. May begin gentle progressive strengthening, including wrist flexion and ulnar deviation, however avoid supination strengthening until 10 weeks post op.