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Training Splint for EIP to EPL Transfer.

The extensor indicis proprius transfer (EIP) is the most widespread transfer to restore extensor pollicis longus (EPL) function. [1-3] In the postoperative period, the transferred muscle must be re-educated. Matev and Bankov [4] have proposed a special exercise for this purpose. The patient must simultaneously extend the distal phalanx of the thumb and the proximal phalanx of the index finger.

A splint has been developed for re-educating the transferred EIP (Fig.2 – см. рисунок на сайте в разделе «Для врачей»). The wrist is positioned in neutral, thumb in extension and radial abduction, and the ring, long, and little fingers in flexion. The thumb portion of the splint ends at the interphalangeal (IP) joint. This allows full motion at the IP joint. Full index finger motion is also available in the splint.

With this splint, the patient must actively and simultaneously extend the proximal phalanx of the index finger and the distal phalanx of the thumb. When this occurs, the transferred EIP is contracted and acts as an EPL. Electrical stimulation may be used with the splint when appropriate to enhance function of the transfer.

REFERENCES

