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## **Modified Duran Protocol**

**Immediate Postop:**

Wrist flexion 20-30 degrees.

Digits in intrinsic plus/James position.

**3-7 Days:**

Start passive flexion.

Begin active extension.

**3-4 Weeks:**

Start place and hold flexion.

Cut wrist flexion 50%.

**5-6 Weeks:**

Active flexion in the splint.

Neutral Wrist position.

**8 Weeks:**

Active flexion.

**12 Weeks:**

Activity as tolerated.