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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.