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.