



1830 FRANKLIN STREET, SUITE 450  
DENVER, COLORADO 80218

Phone: 303-321-1333  
Toll Free: 888-900-1333  
FAX: 303-321-0620  
www.western-ortho.com

James C. Holmes, M.D.  
General Orthopaedics  
Sports Medicine  
Surgery of Knee

Timothy J. Birney, M.D.  
General Orthopaedics  
Spinal Surgery

Ted Parks, M.D.  
General Orthopaedics  
Sports Medicine  
Arthroscopic Surgery

Armodios M. Hatzidakis, M.D.  
General Orthopaedics  
Shoulder and Elbow

Gareth E. Shemesh, M.D.  
Physical Medicine and Rehabilitation  
Electrodiagnostic Medicine

Raj Bazaz, M.D.  
General Orthopaedics  
Sports Medicine  
Arthroscopic Surgery

Kevin K. Nagamani, M.D.  
General Orthopaedics  
Foot and Ankle

Brian J. White, M.D.  
General Orthopaedics  
Sports Medicine  
Arthroscopic Surgery

Steven M. Traina, M.D.  
General Orthopaedics  
Sports Medicine  
Knee and Shoulder Surgery

Thomas G. Mordick II, M.D.  
Hand Surgery

Valerie C. Suleski, M.A.  
Practice Administrator

---

Foster Matchett, M.D.  
(1902 - 1979)

Charles Brown, M.D.  
(1917 - 2005)

Fred F. Teal, M.D.  
Retired

Theodore J. Clarke, M.D.  
Emeritus

---

## EPL laceration

- Day 3            Change dressing, clean wound  
                    Splint: thumb spica splint full extension
- Week 6           Gradual decrease extension posture of splint  
                    Begin active ROM, may use resistance to flexion(eg putty)  
                    to facilitate ROM  
                    therapy 2-3x/week
- Week 8           Add passive ROM as needed to facilitate flexion  
                    Discontinue splint  
                    Goal is full ROM and 80% strength by week 10