



REHABILITATION GUIDELINES

ULNAR/RADIAL COLLATERAL LIGAMENT REPAIR OF THUMB

IMMEDIATE POST-OP

DOS:

-Pt. released from surgery in thumb spica cast or splint, with surgical pins in place.

2 WEEKS

DATE:

-cast or rigid splint applied

6 WEEKS

DATE:

- cast & pins removed
- referred to PT/OT for gamekeeper's thumb splint
- -AROM to thumb, hand, wrist; if necessary, forearm, elbow, shoulder
- PROM to wrist
- after 24 hrs, pt. may begin scar remodel techniques

8 WEEKS

DATE:

- Putty exercises; instruct pt. on proper technique to avoid stress to UCL or RCL (see exercise sheet, next page)
- PRE for wrist, hand, and UE

10 WEEKS

DATE:

- Patient released from splint (unless activities place high stress on thumb joint—gymnastics, carpentry, skiing; these patients should continue splint use)
- Return to normal activities if WNL for grip, pinch, and OK from surgeon

16-18 WEEKS

DATE:

- repair to ligament is now mature
- Activities that stress the UCL now ok without splint, per surgeon's release—may require figure 8 taping, etc.