

**ULNAR COLLATERAL LIGAMENT
RADIAL COLLATERAL LIGAMENT
REPAIR OR RECONSTRUCTION
THUMB MP JOINT with internal brace
Dr Mencias, MD**

Postoperative rehabilitation

7-10 DAYS POST OP

The bulky compressive dressing is removed. Edema control is initiated with a light compression dressing.

Hand based thumb spica splint is fabricated.

Initiate AAROM.

4 WEEKS POST OP

Initiate progressive strengthening with putty and a hand exerciser.

6-8 WEEKS POST OP

Discharge to home exercise program.