REHABILITATION PROTOCOL:
THUMB UCL/RCL REPAIR

SAM FULLER, M.D.

7-10 day post-op

- OT to fabricate a custom FA based thumb spica
- AROM of the wrist and IP of thumb
- Scar massage

4 weeks post op

- AROM MCP/thumb opposition is now allowed

6-7 weeks post op

- PROM to MCP to the thumb
- 5-6 weeks splint is cut down to a hand based thumb spica

8 weeks post op

- Progressing strengthening is initiated to the thumb, wrist and forearm
- Splint is d/c except for heavy lifting and activities requiring a tight sustained pinch.

10-12 weeks post op

- Return to all activities without restrictions. Patients should stay away from high power pinch until 14-16 weeks

**Each patient will have a variety of outcomes. Treatment and protocol may differentiate due to severity of injury**