

## **LRTI- Ligament Reconstruction Tendon Interposition**

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### **4 weeks post op**

- Cast is removed and patient will follow-up with OT same day.
- Comfort cool vs custom hand based opponens splint.
- Evaluation begins; AROM without pain is initiated.
- Modalities initiated, if needed.

### **8 weeks post op**

- Begin strengthening.
- Goal is full thumb opposition and wrist ROM by 8 weeks. Patient can begin lateral pinch.

### **Notes**

- Patient is to wear splint out in the community and at risk activities for 2-3 months post op.
- Does not need to wear during rest or at night.
  
- Avoid tip to tip resistive pinch for 3 months.
- Incorporate tip to tip with light ADLs.