

**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\*\***