

# INSTITUTE FOR ORTHOPAEDIC SURGERY

## Rehab Protocol – Thumb UCL Repair (Internal Brace Only)

Dr. Broering

### PRECAUTIONS

- Full time splint use except for ROM.
- Non-weight bearing to operative extremity.

### 2 WEEKS (1<sup>st</sup> Visit)

- Fit with custom hand based thumb spica splint (Please allow thumb IPJ motion)
- **OT INSTRUCTIONS** – Ok to work on wrist, CMP, IPJ motion, & scar massage
- May begin AROM/PROM MCP flexion/extension without limits
- No pinching, grasping, or radial deviation with thumb

### 6 WEEKS (2<sup>ND</sup> Visit)

- Ok to begin gentle pinching, grasping, & strengthening exercises with thumb with **OT**. Splint to be worn at work/school, etc.
- Continue aggressive flexion/extension MCP & IPJ.

### 12 WEEKS (3<sup>rd</sup> Visit)

- Splint only as needed (10 weeks)
- Ok to strengthen thumb without limits
- Expect full return to work at 12 weeks

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Dr. Broering, MD

Date