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 (1st 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 (2nd 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 (3rd 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