

## **THUMB COLLATERAL LIGAMENT REPAIR/RECONSTRUCTION REHAB PROTOCOL**

Please correlate rehab plan with operation note for patient specific post-operative plan base on intra-operative findings.

- 0-2 weeks
  - Thumb spica slab post op for wound and pain to settle
  - Wound check at 2 weeks followed by hand therapy appointment
  
- After 2 weeks
  - Protective thermoplastic splint to prevent MCPJ valgus stress, allow active/passive IPJ range of motion in splint
  - Early range of motion exercises out of splint – aim to get active thumb IPJ and MCPJ flexion up to distal palmar crease by week 8 (avoid any valgus/varus stress to MCPJ)
  
- After 6 weeks
  - Wean out of splint and use hand as pain allows
  - Avoid heavy lifting and power grip
  - Range of motion exercises - active/passive thumb IPJ and MCPJ range
  
- After 10-12 weeks
  - Begin graduated strengthening
  - Consider starting work and sport specific rehab
  
- After 4-6 months
  - Unrestricted use of hand
  - Accept some long thumb MCPJ stiffness
  
- Follow up appointment:
  - 2 week clinic for wound check followed by hand therapy appointment
  - 6 week clinic with Mr Francis Ting