

UCL/RCL Thumb MP Joint Repair

Updated: June, 2019

- A. Phase 1 (0-2 weeks post-op)
 - 1. Immobilized at all times-do NOT remove surgical bandage
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. Exercise – AROM of uninvolved fingers only

- B. Phase 2 (2-4 weeks post-op)
 - 1. Splint – thumb spica splint with IP free, removed for therapy and bathing only
 - 2. ROM restrictions / precautions
 - a. No ROM of thumb MP joint
 - b. No gripping or pinching
 - 3. Continue cryotherapy and modalities as indicated
 - 4. Exercise
 - a. AROM/PROM of noninvolved digits, forearm, elbow and shoulder with splint on

- C. Phase 3 (4-6 weeks post-op)
 - 1. Splint - continue use between exercise sessions and at night
 - 2. ROM restrictions / precautions
 - a. No gripping or pinching
 - b. Avoid lateral stress to UCL/RCL repair
 - 3. Exercise
 - b. Scar / soft tissue mobilization may be initiated (avoid lateral stress to joint)
 - c. Begin gentle A/AAROM of thumb and wrist to include flexion/extension, CMC palmar and radial abduction and thumb circumduction

- C. Phase 3 (6-8 weeks post-op)
 - 1. Splint
 - a. Wean from use in safe environments and light activities
 - b. Continue use in hazardous environments and during activities that require weighted resistance or sustained power gripping/pinching, continue at night
 - 2. ROM restrictions / precautions
 - a. Avoid lateral stress to the MP joint
 - b. If MP extension is limited, emphasize extension ROM more than flexion initially until resolved
 - 3. Exercise
 - a. PROM of thumb can begin avoiding stress to UCL/RCL repair
 - b. Scar / soft tissue mobilization as needed

- D. Phase 4 (8-12 weeks post-op)
 - 1. Splint
 - a. Use only with heavy lifting and activities requiring sustained or repeated pinching
 - 2. ROM
 - a. Restore ROM in all planes of the wrist and thumb
 - 3. Exercise
 - a. Initiate progressive strengthening exercise program
 - b. Emphasize grip and wrist strength
 - c. Continue to avoid sustained pinching until 14-16 weeks post-op

- E. Phase 5 (14-16 weeks, return to play, physician clearance)
 - 1. Interval programs, sport specific activities and mainstreaming back into sport
 - 2. Throwing progression