

Thumb Ulnar Collateral Ligament Repair (UCL)

Dr. Nielsen

0 to 2 weeks

- Post-op splint, thumb spica, fingers free and ROM encouraged
- Sutures removed at first post-op appointment 10-14 days

2-4 weeks

- FRC thumb spica to tip, MP approximately 30 degrees flexed, wrist free
 - Wear full time except exercises
- ROM
 - Thumb IP and CMC active and passive motion
 - Thumb MP active range of motion

4-6 weeks

- FRC thumb spica to tip, MP approximately 30 degrees flexed
- ROM
 - Thumb IP and CMC full range of motion
 - Thumb MP self-passive range of motion

6-8 weeks

- Hand based thumb spica off shelf orthotic for any lifting over 5 pounds
- Full ROM of all joints
- 5 pound lifting and no heavy pinch/grip

8+ weeks

- Discontinue brace
- Full ROM of all joints
- Increase lifting and grip/pinch as tolerated
- May start adductor strengthening when pain-free