**Repair or Reconstruction of Ulnar Collateral Ligament of Thumb**

**Metacarpophalangeal (MCP) Joint**

**Indications:**
- Typically after repair of gamekeeper’s thumb

**3 Weeks:**
- Remove bulky dressing
- Remove MCP pin if used for joint stabilization

**4 Weeks:**
- Protected range of motion (ROM) initiated (active range of motion (AROM) of IP)

**6 Weeks:**
- Begin active & gentle passive ROM exercises of thumb for 10 mins each hour
- Avoid any lateral stress to the MCP joint of the thumb
- Begin dynamic splinting if necessary to increase passive ROM of thumb

**8 Weeks:**
- Discontinue splinting. Wrist & thumb static splint or short opponens splint may be useful during sports-related activities or heavy lifting
- Begin progressive strengthening

**12 Weeks:**
- Allow the patient to return to unrestricted activity.

**Radial Coll. Injuries:**
- Rehabilitation is similar to that of ulnar collateral ligament except thumb is protected from adduction stress & initiation of tip pinch strengthening can begin earlier.