



Orthopaedic Protocols

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.