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Hip, Knee, Shoulder &amp; Sports Medicine Surgery

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## THUMB UCL REPAIR/RECONSTRUCTION REHABILITATION PROTOCOL

Phase	Restrictions	Therapeutic Exercises
Phase 1: Weeks 0-2  Goals: Reduce swelling and edema, minimize pain, retard muscle atrophy, protect the surgical repair, and avoid stiffness	-Leave thumb spica splint in place until first post-op appointment/first OT appointment -Bag on arm to shower until splint is removed -No weight bearing with the involved upper extremity	-Begin finger, elbow, and shoulder ROM
Phase 2: Weeks 3-6  Goals: Progress range of motion, minimize pain, retard muscle atrophy, protect the repair, and begin neuromuscular control	-Remove thumb spica splint and transition to hand-based thumb spica Exos brace -Exos brace to be worn, except for hygiene and at OT -May shower after splint is removed; no soaking until 4 weeks s/p. Pat dry. -No pinching or grabbing. -No lifting more than 5 lbs.	-Trim suture tails at the skin (if needed) and replace Steri-strips as needed -Scar massage/desensitization -Active, passive, and active assisted ROM of the wrist, CMC joint, and DP joint -Begin gentle passive ROM of the MP joint. NO valgus stresses
Phase 3: Weeks 7-12  Goals: Full range of motion, minimal pain, improve power and endurance, increase neuromuscular control, dynamic stability, and scapular muscle strength	-Wean to brace for activity only -No heavy pinching, gripping. -No lifting more than 5 lbs with the affected extremity.	-Hand and wrist stretching -Intrinsic hand strengthening at week 8 -Full passive range of motion, progressing to full active, and active assisted as tolerated at the MP joint -Begin light fine motor activity -Week 8: Begin progressive resistance exercises -Week 8: Begin strengthening and progress as tolerated
Phase 4: Week 13 and onward  Goals: Progression of functional activities, advanced sport and recreational activity per surgeon	-Discharge all orthoses -Avoid sustained, heavy pinch and stress across UCL until 16 weeks  <b>Criteria for Discharge:</b> <b>-&lt;10% strength deficit</b> <b>-Limb similarity index of 90% or greater</b> <b>-45/50 on biomechanical functional tests (if performed)</b> <b>-NO pain or complaints of instability</b>	-Progress strengthening -Static and dynamic strengthening exercises -Maintain range of motion -Advance weight training as stable -Return to full sport/labor work at week 16

