Ulnar/ Radial Collateral Ligament Repair
Dr. Bienz

Immediate Post Op, DOS: ________________
-Pt. released from surgery in thumb spica cast or splint, with surgical pins in place.

2 WEEKS POST OP, Begin Date: ________________
- cast or rigid splint applied

6 WEEKS POST OP, Begin Date: ________________
- cast & pins removed
- referred to PT/OT for gamekeeper’s thumb splint
- AROM to thumb, hand, wrist; if necessary, forearm, elbow, shoulder
- PROM to wrist
- after 24 hrs, pt. may begin scar remodel techniques

8 WEEKS POST OP, Begin Date: ________________
- Putty exercises; instruct pt. on proper technique to avoid stress to UCL or RCL (see exercise sheet, next page)
- PRE for wrist, hand, and UE

10 WEEKS POST OP, Begin Date: ________________
- Patient released from splint (unless activities place high stress on thumb joint—gymnastics, carpentry, skiing; these patients should continue splint use)
- Return to normal activities if WNL for grip, pinch, and OK from surgeon

16 to 18 WEEKS POST OP, Begin Date: ________________
- repair to ligament is now mature
- Activities that stress the UCL now ok without splint, per surgeon’s release—may require figure 8 taping, etc.

Updated: 5/5/16
EXERCISES FOR UCL LIGAMENT REPAIR

Do _____ repetitions of the following exercises, _____ times per day.

THUMB EXERCISES
Position: Face table. Both palms are flat on the table.
1. Slide the thumb in toward the index finger; then slide away from index finger.
2. Raise thumb up toward ceiling; hold _____ seconds.
Position: Face table. Palm facing toward ceiling.
1. Bring thumb in toward index finger; then, raise thumb towards ceiling (make an “L” with your hand and thumb).
2. Blocking: stabilize each portion of the thumb while bending/straightening each joint individually. (MPJ, IPJ).
3. Opposition: reach for the little finger with the thumb tip.

WRIST EXERCISES
Position: forearm resting on table, wrist and hand hanging off table edge.
1. Palm down: make a fist. Reach toward the floor, then straighten fingers and reach to ceiling.
2. Palm up: Reach for floor, then reach for the ceiling.
3. Thumb up: reach for floor, then reach for ceiling.
Position: Sit or stand, away from table.
1. Put palms together in “prayer” position; lift elbows for wrist stretch.
Position: Sit or stand with elbows touching ribs, close to your side.
1. Move palm up toward ceiling, then turn palm down toward floor.

ADDITIONAL EXERCISES FOR STIFF ARM:
Bend and straighten elbow.
Thumb up, raise arm up straight up.
Scar massage: Massage with lotion on or around scar.
Desensitization: Begin with light pressure and soft fabric. Progress to moderate pressure and various textures, rubbing along scar or sensitive area.