

Thumb Collateral Ligament Reconstruction

Dr. Rafal Stachowicz, Hand and Upper Extremity Surgery
Crystal Clinic Orthopaedic Center

Rehabilitation goals

- Functional bracing to prevent further injury
- Control pain and edema
- Patient education of surgical procedure and post-operative rehabilitation

POSTOPERATIVE REHABILITATION

Phase I: 0-6 weeks following repair

Goals: Protect repair

Control pain and edema

Intervention: Wear thumb spica splint continually

Phase II: 6-8 weeks following repair

Goals: Continue to protect the repair

Control pain and edema

Minimize deconditioning

Intervention:

- Begin gentle AROM and PROM exercises three times a day
- Avoid any lateral stress to the thumb
- Begin dynamic splinting to increase ROM
- Use of modalities if needed for pain control

Phase III: 8-12 weeks following repair

Goals: Full ROM

Limit scar formation

Strengthen hand and wrist muscles

No power lateral stress (pinch)

Intervention:

- Wear splint only during sports related activities and heavy lifting
- Progress strengthening exercises

Phase IV: 12 weeks and on

Goals: Return to unrestricted activity

Decision of when to allow patients to return to sports are dependent on estimated healing of the repair, pain, swelling, strength, and the ability to perform the specific requirements of their sport