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Thumb UCL Repair (Internal Brace)

0-2 weeks:

The postoperative dressing is removed.

Splint: A hand-based thumb spica splint with IP free (for thumb) or Safe Position Splint (for other digits) with medial or lateral stops on the opposite site of the repaired ligament is constructed to be worn between exercises and at night.

Motion: Full Range motion of thumb in all planes is allowed, but no strengthening for 6 weeks. Active range of motion exercises are initiated for 15 min/hr.

6 weeks:

Splint: The splint is discontinued except for protection during activity/work if needed.

Motion: Passive Range of Motion and putty for grip are initiated and may progress to activity as tolerated, including sports.