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### **Collateral Ligament Strain of the Thumb MCP joint (Skier's Thumb)**

#### **0 - 4 weeks:**

Cast: A short arm thumb spica cast (IP free) is made

Motion: Interphalangeal active range of motion exercises are initiated four times daily.

#### **4 weeks:**

Splint: The cast is changed to a thumb spica splint (IP free)

Motion: Active and gentle passive range of motion are initiated four times daily, in sagittal plane only, with no pinch against resistance. Patients may resume pinch for writing.

#### **8 weeks:**

Splint: Convert splint to neoprene thumb spica sleeve for comfort and support.

Motion: Progressive pinch/strengthening instituted.

#### **12 weeks:**

Patient may resume full, unrestricted activities.

Please call with questions or concerns at the phone number above.