

Dr. Robert Wysocki

Collateral Ligament repair/reconstruction of MCP joint

0-2 weeks:

The postoperative dressing is removed.

Splint: A hand-based Thumb Spica 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: No motion of thumb initiated except IP joint. For the other digits, active range of motion exercises are initiated for 15 min/hr. using buddy tapes around the proximal phalanx of the injured digit and an adjacent digit.

4 weeks:

Splint: Same as above

Motion: Active range of motion of thumb MCP/CMC initiated in sagittal plane, with no pinch or varus/valgus stress at MCP

6 weeks:

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

Motion: Passive Range of Motion and putty for grip are initiated.

8 weeks:

Splint: Discontinued

Motion: May begin gradual progressive resisted pinch (varus/valgus)