

Dr. Robert Wysocki

**Collateral ligament strain of the Thumb MCP joint
(Gamekeeper's)**

0 - 6 weeks:

Splint: A Hand Based Thumb Spica splint with thumb interphalangeal joint free is constructed for continual wear.

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

6 weeks:

Splint: The splint is worn only for activities which may result in reinjury.

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: continued until 8 weeks for sport and heavy labor

Motion: Progressive pinch instituted