



Town Center
ORTHOPAEDICS

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Post-operative Instructions: Thumb UCL/RCL Repair with Internal Brace

- Follow up with me in ~7 days. Then OT for removable custom thermoplast splint and start gentle ROM. No pinching yet if UCL.
- 2-4 weeks: Continue ROM exercises daily, ok for light pinching, splint on all times except hygiene and ROM exercises
- 4-6 weeks: Start light resistance strengthening exercises, splint on at all times except hygiene and ROM exercises
- 6+ weeks: No restrictions, can start forceful pinching and progressively weaning out of splint. Taping when playing contact sports until 4 months.