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ORTHOPEDIC  
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Date

Patient Name

## THUMB MP JOINT REPAIR / RECONSTRUCTION

### Thumb MP Joint Repair or Reconstruction of Ulnar Collateral and Radial Collateral Ligaments

#### Postoperative Day 10-14

- Post op dressing and sutures removed. Cast or new fiberglass splint applied.
- Wrist and thumb spica splint must be well molded to protect repaired side of MP joint.

#### Postoperative week 4

- Pin removed.

#### Postoperative week 6

- Active and active-assistive ROM exercises are initiated for 10 minute sessions 6-8 times per day for the thumb and wrist.
- Exercises should emphasize: flexion, extension of the thumb and wrist, and palmar and radial abduction and adduction of the thumb. Avoid circumduction of the thumb MP joint unless otherwise indicated by MD.
- ***Avoid any lateral stress to the MP joint that may stress repaired side of MP joint.***

#### Postoperative week 7

- Initiate PROM of the thumb.
- Dynamic flexion splinting may be initiated to increase passive MP and IP joint motion of the thumb.
- ***Avoid any lateral stress to the MP joint that may stress repaired side of MP joint.***
- The wrist and thumb static splint may be revised to a short opponens splint.

#### Postoperative week 8

- The splint may be discontinued except for heavy lifting and activities that require a tight, sustained pinch.
- Progressive strengthening may be initiated with putty and hand exerciser.

#### Postoperative week 10-12

- Patient may return to unrestricted use of the hand in most all activities.
- Activities requiring weighted resistance or a sustained power pinch should be avoided until 14-16 weeks.

#### Notes:

- Patients interested in returning to sports may consider wearing the short opponens splint to protect the thumb.
- Occasionally, a slight web space contracture may develop. If it becomes necessary to fabricate a web spacer for night wear, great care should be taken in making the splint ensuring stress is not placed on the repaired side of the joint.
- It is not uncommon for MP joint extension to be limited initially. It is important to ensure extension is emphasized once active and PROM are initiated.