



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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**Thumb Ulnar Collateral Ligament Repair
Post-Operative Protocol**

Days 0- 14:	<ul style="list-style-type: none">• Keep post-operative dressing clean, dry, and in place• Keep hand elevated above the level of your heart• May use hand for very light activities of daily living, such as eating, writing, typing, getting dressed, and brushing teeth
Day 10-14:	<p>Post-Op Appointment</p> <ul style="list-style-type: none">• Post-operative dressing removed• Stitches are absorbable and steri-strips left in place• Placed in custom, removable hand based splint (made by certified hand therapist) and begin range of motion (ROM) exercises under the guidance of a hand therapist
Weeks 2-6	<ul style="list-style-type: none">• Wear hand splint full time (including night time) to protect repair<ul style="list-style-type: none">○ Splint may be removed for showering and gentle ROM exercises as directed• May get steri-strips wet, but may not soak (bath tub, swimming, hot tub, etc.); pat area dry with clean towel<ul style="list-style-type: none">○ Once steri-strips fall off and the incision site is fully closed and healed, water activity is unrestricted• Continue with ROM (no pinch strengthening)<ul style="list-style-type: none">○ Gripping, grasping, or pinching with the thumb are prohibited. Premature return to these activities may cause failure of the repair.
Weeks 7-12	<ul style="list-style-type: none">• Wear hand splint during sport related activity and moderate lifting• Continue range of motion, but NO PINCHING UNTIL 3 MONTHS
3 Months:	<ul style="list-style-type: none">• Return to unrestricted activity without hand splint