

RCL Repair/Reconstruction of Thumb MP joint

Dr. Widstrom

❖ Schedule OT 3-4 weeks post-op

Time Frame	Treatment	Goals
Post-Op Day: 3-4 weeks post-op	<ul style="list-style-type: none"> • Evaluate and Treat • Instruct in edema management • Scar management techniques • Fit with hand based thumb spica orthosis to be worn at all times <ul style="list-style-type: none"> ○ May remove for showers and HEP ○ May be Exos, custom or prefab depending on MD order ○ IP may be free or included depending on how MD orders it • Instruct in AROM thumb and wrist flexion/extension exercises • May use modalities as indicated <ul style="list-style-type: none"> ○ May include Ketoprofen, Dexamethasone, or Potassium Iodide 	<ul style="list-style-type: none"> • Edema management • Scar management • HEP • Orthosis wear and care education
Phase I: 8 weeks post-op	<ul style="list-style-type: none"> • Orthosis may be discontinued <ul style="list-style-type: none"> ○ Continue with orthosis for heavy lifting, job tasks, and/or sports-related activities • Initiate progressive strengthening 	<ul style="list-style-type: none"> • ROM • Wean out of orthosis • PRE
Phase II : 12 weeks post op	<ul style="list-style-type: none"> • Unrestricted use of involved hand 	