



LRTI/Mini Tight Rope Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical bulky splint to be kept in place for 10-14 days.
- Gentle motion of thumb tip encouraged.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medicine only if needed, and as prescribed. Call if any problems or questions arise.

10-14 Days Post Op:

- Follow up appointment in clinic with P.A. or Surgeon
- Splint and sutures will be removed.
- Expect a short arm thumb spica cast for one month.
- Be sure to move thumb tip at least 10x/day (flex and extend).

6 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon.
- Cast will be removed and you will be referred to hand therapy for a custom removable volar thumb spica splint with IP joint free to wear until 8-10 weeks post op.
(Splint may be removed for showering, eating, and deskwork and as instructed by your therapist.)

12 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon
- Full mobilization with no activity restriction.
- A neoprene thumb splint may give extra support as needed during activities.

Considerations:

- The thumb will continue to get stronger over a period of 1 ½ years.