



**ULNAR/RADIAL COLLATERAL LIGAMENT REPAIR
MCP JOINT
Post Operative Rehabilitation Protocol**

Surgical Procedure:

Repair of the collateral ligament may be performed with direct suture, reattachment to bone via pull-out suture and fixation with a percutaneous pin.

Following Surgery:

- Expect a bulky compressive dressing and splint to be kept in place for 10-14 days.
- Elevate and ice for at least 3 days, movement of tip of finger is encouraged.
- 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 as needed and as prescribed. Call if any problems or questions arise.

2 Weeks Post Op:

- Follow up appointment in clinic.
- Sutures and splint will be removed.
- Hand therapy will be initiated and custom splint created for continual wear.

3-4 Weeks Post Op:

- Therapist will begin active range of motion exercises.

8 Weeks Post Op:

- Follow up appointment in clinic.
- Passive range of motion exercises initiated may begin gentle strengthening with putty.
- The splint may be continued for protection and/or comfort.

12 Weeks Post Op:

- May begin using the hand in all daily activities, buddy tape with sports/heavy activities until 12 weeks.
- The splint and or buddy tapes may be discontinued.

16 Weeks Post Op:

- Follow up appointment in clinic.