

RCL Repair/Reconstruction of Thumb MP Joint

Dr. Staiger

*Schedule OT 6 weeks post-op.

Time Frame	Treatment	Goals
Phase I Post-Op 6 Weeks	<ul style="list-style-type: none"> • Evaluate and Treat. • Assess ROM, wound care, numbness/tingling symptoms, and pain symptoms. • Instruct in edema management techniques. • Educate in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). • Fit with hand based thumb spica orthosis to be worn all the time except showers and HEP. <ul style="list-style-type: none"> ○ Make sure there is good support at the RCL. • Teach AROM thumb exercises and AROM wrist flexion/extension. • May use modalities as indicated. <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. 	<ul style="list-style-type: none"> • Protection • Edema control • Pain management • Scar management • ROM
Phase II 8 Weeks	<ul style="list-style-type: none"> • Orthosis may be discontinued except for heavy lifting, some job tasks, and/or sports-related activities. • Initiate progressive strengthening using pain as a guide. 	<ul style="list-style-type: none"> • PREs
12 Weeks	<p>* Unrestricted use of involved hand.</p>	