

## UCL Reconstruction with Arthrex Internal Brace

### Immediate Post-Op (Weeks 0-2)

- Leave thumb spica splint in place until first visit (bag on arm to shower)
- Non-weight bearing
- Work on finger, elbow, shoulder range of motion

### Early Motion (Weeks 2-4)

- Removable thumb spica, IP- included: To be worn at all times except hygiene and exercises
- Scar massage/desensitization
- AROM of thumb MP
- Aggressive thumb active motion
- AROM and PROM of thumb CMC and IP
- No pinching/grabbing/lifting

### Increased Motion (Weeks 4-6)

- Brace at all times except hygiene and exercises
- Scar massage/desensitization
- AROM and self PROM of thumb MP (aggressive)
- AROM and PROM of thumb CMC and IP
- Opposition allowed
- No pinching/grabbing/lifting

### Full Motion & Early Strengthening (Weeks 6-8)

- DC Brace
- Full ROM
- Advance activity as tolerated

### Advanced Strengthening (Weeks 8-16)

- Progressive strengthening as tolerated by pain

### Return to Activity (Weeks 16+)

- Advance weight training as able
- Return to full sport/labor work at 16
- Avoid sustained, heavy pinch and stress across UCL until 16 weeks