

Ulnar Collateral Lig Sprain (thumb)

Phase I: Protection (0 – 4 wks)

Goals for Phase 1:

1. Immobilize thumb
 2. Swelling control
 3. Maintain uninvolved finger ROM
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- A. ROM: immobilize w/ thumb spica splint, may perform IP jnt blocking AROM only w/ proximal stabilization
 - B. Strengthening: may perform grip strengthening if wearing spica splint
 - C. Flexibility: gentle forearm stretching if thumb held into adduction
 - D. Swelling Control: ice and compression PRN
 - E. Modalities: use for pain, inflammation, & swelling control PRN

Phase II: (4 – 8 wks)

Goals for Phase II:

1. Restore normal thumb ROM while preventing UCL stress
 2. Restore normal thumb strength
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- A. ROM: Begin w/ AROM (flex, ext, adduction, & (abduction only to neutral). AAROM and progress to PROM PRN. NO abduction stretching. (continue to prevent UCL stress @ MCP jnt)
 - B. Strengthening: perform flexion, extension, and adduction strengthening with proximal resistance (sponge adduction & flexion, putty, t-band etc.). May perform grip strengthening as tolerated if resistance does not contribute to UCL stress (don't allow thumb to abduct @ MCP joint).
 - C. Flexibility: forearm/wrist, biceps, triceps stretching
 - D. Splint use: wean from thumb spica splint only when ordered by physician