



1830 FRANKLIN STREET, SUITE 450  
DENVER, COLORADO 80218

Phone: 303-321-1333  
Toll Free: 888-900-1333  
FAX: 303-321-0620  
www.western-ortho.com

James C. Holmes, M.D.  
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Sports Medicine  
Surgery of Knee

Timothy J. Birney, M.D.  
General Orthopaedics  
Spinal Surgery

Ted Parks, M.D.  
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Practice Administrator

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(1902 - 1979)

Charles Brown, M.D.  
(1917 - 2005)

Fred F. Teal, M.D.  
Retired

Theodore J. Clarke, M.D.  
Emeritus

## UCL Repair or Reconstruction MP Joint of Thumb

### Day 3

Change Dressing  
Clean and inspect wound  
Instruct on pin care  
Splint – short arm thumb spica splint, pad pin  
Begin ROM fingers and wrist, active and passive as needed to maintain full ROM  
Begin thumb basilar and IP ROM  
Therapy 1-2 times per week as needed to maintain ROM  
Splint worn at all times

### Week 2

Sutures removed by physician  
Instruct on scar massage

### Week 6

Pins removed by physician  
Begin active and assisted ROM of thumb IP, MP and basilar joints, goal is full ROM by 10 weeks  
Begin gentle strengthening program  
Splint for sleep/travel/crowds  
Strength and ROM recorded weekly to end of therapy  
Therapy 2-3 times per week

### Week 8

Begin aggressive strengthening, goal is 60% strength by week d10  
Therapy 2 times per week

### Week 10

Discontinue splinting  
Continue aggressive strengthening/work conditioning  
Goal is 80% strength by week 12  
Therapy 2 times per week, increase if needed to meet goals

Note to accompany patient to week 6, 10, 14 appointments to include weekly strength and ROM measurements