



REHABILITATION

Thumb Collateral Ligament Injury

You have had injured one of the collateral ligaments of your thumb metacarpophalangeal joint.

It will take you sometime to regain full function of your thumb. Progress from this injury varies from person to person and you must be guided by your therapist.

These pages provide a guide for an average rehabilitation regime.

Week 0 – 2 after injury

Your thumb will be supported in a plaster cast. You should keep all the joints that are not within the support as mobile as possible, including your elbow and shoulder. Work particularly on the end joint of the thumb and all your fingers.



Finger flexion and Thumb flexion, in plaster



Finger extension and thumb extension, in plaster

Week 2 – 6

Complete the following set of exercises 10 times each every 2 hours during the day:

Your plaster will be removed and you will be provided with a splint that you should wear all the time.

Bend the end joint of your thumb up and down in the splint.

Keep your fingers moving.

Touch the tip of your thumb to the tip of each finger. Move your wrist up and down.





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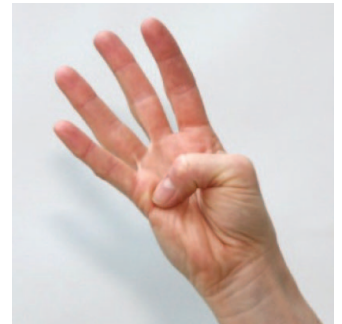
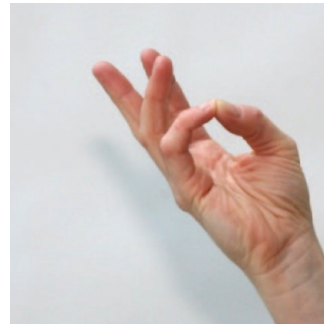
Week 6 – 12

Stop wearing the splint during the day when at home. Continue to use it at night and for protection in crowded areas.

You should do following exercises 10 times every 2 hours during the day:

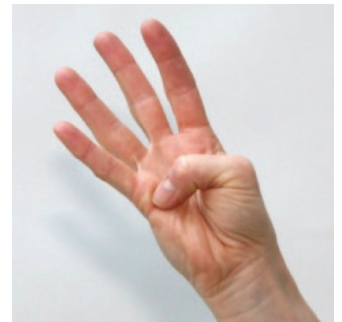
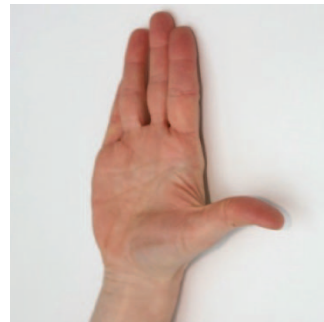
Opposition

Touch the tip of each finger in turn with the tip of the thumb. Start off with touching the tip of the index finger.



Flexion/Extension

Bend the thumb backwards and forward across the palm, as shown in the picture.



Week 12

You can now stop using your splint. Increase use of your hand with slightly heavier activities, as pain allows. Your therapist will work with you on increasing your range of motion and strengthening exercises.

Most people can get back to driving by the end of the eighth week but you should not do any contact sports or heavy lifting until the end of the twelfth week after injury.