



Open SLIL Repair/Reconstruction and RASL Procedure

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Weeks 1-2

- Long-arm (sugar-tong) dressings for 10 to 14 days
- Sutures removed at 10 to 14 days
- Shoulder and digit active motion

Weeks 2-4

- Long-arm thumb spica splint
- Continue digit, elbow and shoulder range of motion

Weeks 4-8

- Short-arm thumb spica cast
- Continue digit and shoulder range of motion
- Begin elbow range of motion

Weeks 8-12

- Wrist splint
- Begin gentle active wrist range of motion
- Joint mobilization techniques contraindicated
- Begin scar mobilization
- Desensitization
- Modalities PRN

Weeks 12-16

- Wean from wrist splint
- Continue wrist range of motion, advancing to gentle passive wrist flexion

Week 16

- Begin grip strengthening
- Continue wrist range of motion