

Ligament Reconstruction and Tendon Interposition (LRTI)

LRTI is performed for:

1. Arthritis in the CMCJ resulting in pain and loss of function in the effected thumb.

Rehabilitation Protocol for LRTI

Some of the hand therapy terms may be unfamiliar to you now. They will become clear as you work with your hand therapist.

Time after surgery	Hand Therapy/Support
Day 1 to 2 weeks	<p>During the first two weeks you can expect to:</p> <ul style="list-style-type: none"> • initiate wound / oedema management with the hand therapist • fabrication of a custom thermoplastic wrist and thumb spica immobilisation orthosis to be worn fulltime • no range of motion of wrist and thumb (CMC and MCPJ) for 4 weeks unless otherwise indicated • commence early TIPJ, finger and forearm active / passive range of motion exercises within the splint, with aim to achieve full range of motion of fingers and TIPJ by end of week 1 • sutures will standardly be removed by the hand therapist between 10-14 days <p><i>Keep wound dry from sweat and external moisture</i></p>
2 to 6 weeks	<p>During the next 4 weeks, you will:</p> <ul style="list-style-type: none"> • continue wound / oedema management with hand therapist advice • commence scar management / desensitisation • continue splint fulltime, removing only for hygiene and scar management ensuring no wrist or thumb (CMCJ/MCPJ) range of motion • continue active / passive range of motion exercises of fingers, TIPJ and forearm. No wrist or TCMC/MCPJ movement unless otherwise indicated • at 4 weeks, the splint can be removed 6 x per day for thumb and wrist exercises, otherwise worn fulltime for protection
6 to 12 weeks	<p>During the next 6 weeks, you can expect to:</p> <ul style="list-style-type: none"> • wean out of the splint into a soft brace as guided by the hand therapist • resume normal activities as tolerated • commence gentle strengthening exercises if pain is minimal, including use of soft putty, foams or bands • aim to achieve full active range of motion • gradually upgrade functional use

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	<ul style="list-style-type: none">aim for full functional use by week 12 <p><i>It can take up to 6-12 months to achieve maximal recovery from this procedure</i></p>
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Milestones for LRTI

Time after surgery	What you can expect
Week 6	Full range of motion of the fingers and TIPJ of the thumb Gradual ability to use the hand again for light activities Gradual progression of wrist and base of thumb range of motion
Week 12-16	>90% strength and function in comparison to opposite Reduced thumb pain compared to pre operation Return to normal everyday function

Return to functional activities

Activity	When you can expect to be able to do the activity
Return to work	4-8 weeks (light duties as tolerated) 8-12 weeks (heavier manual duties as tolerated)
Driving	6-8 weeks as tolerated
Swimming	6 weeks as tolerated
Lifting	Avoid lifting heavy items for 8-12 weeks post operation
Golf	3 months
Return to usual functional ability	12-16 weeks