

Return to Sport Guidelines

*Dependant on level of athlete and sport

<u>Injury</u>	<u>Surgical Fixation</u>	<u>Conservative treatment</u>
<p><u>Mallet finger:</u></p> <p>Disruption of terminal extensor tendon to distal phalanx for digits 2-5</p>	<p>Immobilization:</p> <p>6 weeks mallet orthosis</p> <p>AROM:</p> <p>Beginning at 6 weeks progressive mobilization</p> <p>Strengthening:</p> <p>10 weeks</p> <p>Return to Sport:</p> <p>With protective orthosis at 10 weeks</p> <p>Without protective orthosis</p> <p>4 months</p>	<p>Immobilization:</p> <p>6-8 weeks mallet orthosis</p> <p>AROM:</p> <p>Mallet weening: 6-10 weeks progressive mobilization</p> <p>Strengthening:</p> <p>10 weeks</p> <p>Return to Sport:</p> <p>With protective orthosis at 10 weeks</p> <p>Without protective orthosis</p> <p>4 months</p>
<p><u>PIPJ Sprain/Dislocation</u></p> <p>Volar vs Dorsal dislocation changes orthosis design from dorsal blocking to PIP extension orthosis respectively.</p> <p>Volar dislocation slower to recover</p>	<p>Immobilization:</p> <p>4-6 weeks pending severity</p> <p>AROM</p> <p>Within 1-2weeks</p> <p>Strengthening</p> <p>4-6 weeks</p> <p>Return to Sport</p>	<p>Immobilization:</p> <p>4-6 weeks pending severity</p> <p>AROM</p> <p>Within 3-5 days</p> <p>Strengthening</p> <p>4-6 weeks</p> <p>Return to Sport</p>

	10 weeks	With protective orthosis within 6 weeks Without 10 weeks
<p>Thumb UCL sprain/rupture</p> <p>Skier's Thumb (Acute)</p> <p>Gamekeeper's Thumb (Chronic)</p> <p>Rupture/sprain of the ulnar collateral ligament of the MP joint of the thumb</p> <p>Stener's Lesion: Interposition of the adductor pollicis muscle between the UCL and MCP joint</p>	<p>Immobilization:</p> <p>4-6 weeks with thumb spica</p> <p>Positioning: Functional opposition with slight palmar adduction of the thumb MPJ</p> <p>AROM:</p> <p>2 weeks (with internal bracing)</p> <p>*Maintain thumb IP flexion and hand function with immobilized</p> <p>Strengthening:</p> <p>Not indicated until 6-8 weeks</p> <p>Return to Sport:</p> <p>6-8 weeks without protective splint</p> <p>*≈ 5 weeks (Gibbs & Shin, 2020)</p>	<p>Immobilization:</p> <p>4-6 weeks with thumb spica</p> <p>Positioning: Functional opposition with slight palmar adduction of the thumb MPJ</p> <p>AROM:</p> <p>4-6 weeks</p> <p>*Maintain thumb IP flexion and hand function with immobilized</p> <p>Strengthening:</p> <p>Not indicated until 8-10 weeks</p> <p>Return to Sport:</p> <p>With protective splint at 6-8 weeks</p>
<p>Sagittal band Rupture</p> <p>Disruption of the extensor hood</p> <p>Creates dislocation of the extensor tendon over the MCP joint in flexion</p>	<p>Immobilization:</p> <p>4-6 weeks with RMO</p> <p>Positioning: Hyperextension at affected MCP joint</p> <p>AROM:</p> <p>Use of hand with weight restriction</p>	<p>Immobilization:</p> <p>4-6 weeks with RMO</p> <p>Positioning: Hyperextension at affected MCP joint</p> <p>AROM:</p> <p>Use of hand with weight restriction</p>

	<p>Strengthening: Not indicated until 6-8 weeks</p> <p>Return to Sport: 8-10 weeks</p>	<p>Strengthening: Not indicated until 8-10 weeks</p> <p>Return to Sport: 8-10 weeks</p>
<p><u>TFCC Injury:</u> Surgical treatment could be debridement vs repair. This document covers debridement</p>	<p>Immobilization: 4-6 weeks volar wrist</p> <p>AROM Wrist starting at Week 2</p> <p>Strengthening Week 6</p> <p>Return to Sport Week 8</p>	<p>Immobilization: 4-6 weeks</p> <p>AROM Wrist starting week 4-6</p> <p>Strengthening Week 8</p> <p>Return to Sport Week 12</p>
<p><u>Jersey Finger</u> Avulsion of terminal flexor digitorum profundus tendon. Surgical fixation required for normal return of function</p>	<p>Immobilization: Dorsal blocking</p> <p>AROM Flexion/extension begins 6 weeks</p> <p>Strengthening 12 weeks</p> <p>Return to Sport 4-6 months</p>	<p>Immobilization: Conservative treatment highly unlikely but no immobilization truly required</p> <p>AROM Immediate</p> <p>Strengthening Per pain</p> <p>Return to Sport Immediate</p>

<p>Metacarpal Fractures</p> <p>Head, neck, shaft, and base</p> <p>*Shaft and base fractures require immobilization of the carpus</p>	<p>Immobilization:</p> <p>4-6 weeks</p> <p>*dependant on fixation</p> <p>Hand or forearm based radial/ulnar gutter with the hand in the "safe position"</p> <p>AROM:</p> <p>2-4 weeks (internal fixation)</p> <p>*If percutaneous pinning, no movement until removal</p> <p>Strengthening:</p> <p>6-8 weeks depending on ROM</p> <p>Return to Sport:</p> <p>8-10 weeks for contact sports</p>	<p>Immobilization:</p> <p>4-6 weeks</p> <p>Hand or forearm based radial/ulnar gutter with the hand in the "safe position"</p> <p>AROM:</p> <p>4-6 weeks</p> <p>Strengthening: 6-8 weeks depending on ROM and consolidation of bone</p> <p>Return to Sport:</p> <p>8-10 weeks for contact sports</p> <p>Return with protective orthosis</p>
<p>Carpal Fractures</p> <p>Scaphoid fracture is the most common fracture you will see.</p> <p>Highly variable in RTS, requires radiographic evidence of consolidation.</p>	<p>Immobilization:</p> <p>Volar wrist or forearm based thumb spica 6 weeks</p> <p>AROM</p> <p>Wrist AROM at 6 weeks</p> <p>Strengthening</p> <p>8 weeks</p> <p>Return to Sport</p> <p>4-6 months</p>	<p>Immobilization:</p> <p>Cast or splint forearm based thumb spica immobilization 6-8 weeks</p> <p>AROM</p> <p>Wrist, thumb 6-8 weeks</p> <p>Strengthening</p> <p>8-10 weeks</p> <p>Return to Sport</p> <p>4-6 months</p>

<p>Phalangeal Fractures</p> <p>Proximal, middle distal</p> <p>*Proximal phalangeal shaft most common and results in an apex palmar angulation due to hand intrinsics and central slip insertion</p>	<p>Immobilization:</p> <p>4-6 weeks</p> <p>Positioning: Dependent on phalangeal fracture. May require hand based or finger based orthosis</p> <p>AROM:</p> <p>2 weeks (internal fixation)</p> <p>4-6 weeks (k-wire fixation)</p> <p>Strengthening:</p> <p>4-8 weeks</p> <p>Return to Sport:</p> <p>6-8 weeks for contact sports</p>	<p>Immobilization:</p> <p>4-6 weeks</p> <p>Positioning: Dependent on phalangeal fracture. May require hand based or finger based orthosis</p> <p>AROM:</p> <p>4 weeks</p> <p>Simple non-displaced buddy tape and immediate movement</p> <p>Strengthening:</p> <p>4-6 weeks</p> <p>Return to Sport:</p> <p>8-10 weeks for contact sports</p>