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Conservative Treatment for SL Ligament Sprains/Partial Tears

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

Wrist splint fulltime except exercises and bathing for 2-4 weeks then wean

Dart throwers motion

FCR strengthening—It is important to strengthen this muscle due to it's anatomical relationship with the distal pole of the scaphoid. This strengthening helps support the SL ligament but only when the dorsal portion of the SL ligament is intact.