

Thumb CMC Arthroplasty OT Protocol

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2 weeks post-op:

- Post-op dressings are removed
- Fabricate thermoplastic thumb spica orthosis
 - Avoid MP hyperextension, if necessary, can even position MP in 0-10 degrees flexion
 - Promote palmar abduction and avoidance of web space contracture
- Begin gentle active wrist and thumb range of motion, **IP joint motion ONLY**. Instruct patient in home program, unless there are significant issues with ROM, pain or edema
- NO PASSIVE RANGE OF MOTION
- NO STRENGTHENING

6 weeks post-op:

- 2nd follow-up visit with M.D.
- Continue active range of motion of wrist and thumb, may now include CMC motion.
- May begin passive range of motion, if needed
- May remove orthosis for light activities of daily living

12 weeks post-op:

- 3rd follow-up visit with M.D.
- May begin gentle strengthening
- Advance range of motion, as needed
- Discontinue all splints, based on patient's pain level. May continue to use neoprene support, as needed, for risky or provocative activities.

**Most patients do well with 2 to 3 therapy visits and a home exercise program. They should be reminded to avoid heavy ADL's until the 12 week post-op visit.