

Dr. Allen Thumb CMC Arthroplasty Rehabilitation Protocol

Phase I: Immediate Post-Op (Weeks 0-2)

- Leave thumb spica splint in place until first visit (bag on arm to shower)
- Scheduled NSAIDs & Tylenol
- Opioids for break through pain (goal to wean by end of week 1)
- Non-weight bearing to the affected arm
- Work on finger, elbow, shoulder range of motion

Phase II: Early Motion (Weeks 2-6)

- First post-op visit at ~2 weeks
- Splint & sutures removed at first visit
- Ok to shower after splint is removed
 - Don't soak wound, pat dry and cover with fresh bandage
- Hand based thumb CMC brace fitted
 - To be worn at all times except hygiene and exercises
- First OT visit at 2 weeks (same day as first post-op visit)
 - Scar massage/desensitization
 - AROM and self PROM
 - Palmar and radial abduction
 - Thumb circumduction, flexion/extension
 - Limit aggressive thumb opposition to protect capsular repair
 - Wrist flexion/extension, radial/ulnar deviation
- No pinching/grabbing/lifting, 1# lifting restriction

Phase III: Full Motion (Weeks 6-10)

- Second post-op visit at 6 weeks
- Brace at all times except hygiene and exercises
 - Wean from brace at 8 weeks
 - Neoprene hand based support brace may be utilized in some cases
- Continue scar massage/desensitization
- Exercises
 - Advance to unrestricted PROM with gentle stretching
 - Strengthening can begin at 8 weeks
- No heavy pinching/grabbing/lifting

Phase IV: Strengthening (10-12+ weeks)

- Third post-op visit at 12 weeks
- May return to normal functional activities of daily living
- Maintain full ROM
- Slowly increase heavy grip and pinch