

Thumb CMC Arthroplasty Classic

Dr. Staiger

*Schedule OT same day as doctor.

Time Frame	Treatment	Goals
Phase I Post-Op Day 10-14	<ul style="list-style-type: none"> • Evaluate and Treat. • Fabricate custom forearm-based thumb Spica zipper protection orthosis (L3807), with IP joint free, place thumb into a “C” position. • Instruct in edema management. • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). 	<ul style="list-style-type: none"> • Protection • Edema control • Scar management • Pain management
Phase II 6 Weeks	<ul style="list-style-type: none"> • Instruct in gentle, pain-free thumb active range of motion exercises including IP joint flexion/extension, MP joint flexion/extension, palmar abduction, radial abduction, opposition, and circumduction. • Instruct in gentle, pain-free wrist active range of motion exercises. • May use modalities as indicated. <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. • May continue to see client (if needed) and may progress to active assistive range of motion of wrist and thumb as needed. • Begin gentle stabilization strengthening exercises as tolerated. • May fabricate custom (L3913) and/or issue prefabricated (A4467) hand-based thumb spica. Let client know insurance may not pay for this orthosis. They may also wish to have the zipper adjusted and put down to be hand based with Velcro. 	<ul style="list-style-type: none"> • ROM • Stabilization
Phase III 8 Weeks (If Needed)	<ul style="list-style-type: none"> • Educate in light pain free putty thumb and hand strengthening exercises. • Instruct/reinforce: client will see improvement up to 1 year, the greatest within the first 12 weeks, then continued gradual improvement up to 12 months. <ul style="list-style-type: none"> ○ At 12 months 95% of client's are happy/satisfied. 	<ul style="list-style-type: none"> • PREs