

Thumb CMC Joint Arthritis (Conservative)

Dr. Widstrom

❖ **Strengthening is to be completed to tolerance and may take time to progress**

Time Frame	Treatment	Goals
Initial eval	<ul style="list-style-type: none"> • Evaluate and Treat • Issue Santa Barbara thumb spica or fabricate hand based thumb spica with IP free <ul style="list-style-type: none"> ○ Client may also be issued a cool comfort for lighter activities • Edema management • Educate in joint protection • Educate on adaptive equipment • Educate on pain management techniques <ul style="list-style-type: none"> ○ i.e. heat, contrast bath, paraffin wax bath • Educate in home exercise program <ul style="list-style-type: none"> ○ Adductor trigger point release ○ PROM, AROM and AAROM for thumb ○ Isometric strengthening <ul style="list-style-type: none"> - Thumb “C” and “O” positions - 1st dorsal interossei - Resistive pinch 	<ul style="list-style-type: none"> • HEP • Joint protection • Pain management techniques • Issue and educate on orthosis/braces
Phase II	<ul style="list-style-type: none"> • Return PRN 	<ul style="list-style-type: none"> • Pain management • Orthosis adjustments