

CMC Joint Arthroplasty

Dr. Widstrom

❖ Schedule OT same day as doctor

Time Frame	Treatment	Goals
Phase 1: 10-14 days post-op	<ul style="list-style-type: none"> • Evaluation and Treat • Fit patient with off-the-shelf forearm based thumb spica splint or Exos thumb spica splint <ul style="list-style-type: none"> - Instruct in splint wear and care • Instruct in edema management • Instruct in scar management techniques <ul style="list-style-type: none"> - Issue scar pad • Instruct pain free thumb AROM and Wrist AROM 	<ul style="list-style-type: none"> • Edema management • Scar management • ROM • HEP
Phase 2: 6 post-op (same day as doctor)	<ul style="list-style-type: none"> • Continue AROM, scar management and splint wearing schedule (as prescribed by physician) • Educate in joint protection techniques and self mobilization • Issue thumb CMC stabilization exercises • Use modalities as indicated 	<ul style="list-style-type: none"> • ROM • Stabilization exercises • Pain management • Return to functional use