

Thumb CMC Joint Arthroplasty Dr. Lauer

- ❖ Schedule OT 10-14 days Post-Op (Same day Clinic follow-up)
****MD follow up at 2 weeks + X-Ray and 6 weeks No X-Ray***

Time Frame	Treatment	Goals
Phase I Initial Visit Same Day Clinic	<ul style="list-style-type: none"> Evaluation and Treat Fabricate a custom hand based thumb spica with IP free (L3913) <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 II 6 Weeks Same day Clinic	<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 Gentle grip strengthening as indicated 	<ul style="list-style-type: none"> ROM Stabilization exercises Pain management Return to functional use