

## Thumb CMC Arthroplasty

### 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"> <li>• Evaluate and Treat.</li> <li>• Fit with a Neoprene Thumb Spica (Comfort Cool CMC Restriction Orthosis)</li> <li>• Highly recommend a custom fabricated hand based thumb Spica with IP joint free, place thumb into a “C” position.</li> <li>• Instruct in edema management.</li> <li>• Begin opposition of thumb to each finger, palmar abduction, and composite flexion and wrist flexion and extension for 5 repetitions, 3 days per week.</li> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• Issue scar pad (to be worn once incision is healed).</li> </ul>	<ul style="list-style-type: none"> <li>• Protection</li> <li>• Edema control</li> <li>• Scar management</li> <li>• Pain management</li> </ul>
Phase II 6 Weeks	<ul style="list-style-type: none"> <li>• Instruct in gentle, pain-free thumb and wrist active range of motion exercises including previous exercises and IP joint flexion/extension, MP joint flexion/extension, radial abduction, opposition, and circumduction to be completed 10 repetitions, 3 times/day on a daily basis.</li> <li>• May use modalities as indicated (if needed earlier may begin at 4 weeks post-op)               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated.</li> </ul> </li> <li>• May continue to see client (if needed) and may progress to active assistive range of motion of wrist and thumb as needed.</li> <li>• Begin gentle stabilization strengthening exercises as tolerated.</li> </ul>	<ul style="list-style-type: none"> <li>• ROM</li> <li>• Stabilization</li> </ul>
Phase III 8 Weeks (If Needed)	<ul style="list-style-type: none"> <li>• Educate in light pain free putty thumb and hand strengthening exercises. May also use rubber band to complete resisted radial abduction of the thumb for 12-15 repetitions.</li> <li>• 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"> <li>○ At 12 months 95% of client's are happy/satisfied.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• PREs</li> </ul>