

## Thumb CMC Arthroplasty

**Dr. Feierabend**

\*Schedule OT same day as doctor.

| Time Frame                          | Treatment   | Goals   |
|-------------------------------------|---|---|
| Phase I<br>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; A-4467)</li> <li>• Highly recommend a custom fabricated hand-based thumb Spica orthosis 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, retropulsion, composite flexion and wrist flexion and extension for 5 repetitions, 3 days per week.</li> <li>• Instruct in scar management techniques (to begin when 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<br>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<br>8 Weeks<br>(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>  |

