



**Thumb CMC Joint Arthroplasty  
Dr. Lauer**

❖ Schedule OT 10-14 days Post-Op (Same day Clinic follow-up)

| <b>Time Frame</b>                               | <b>Treatment</b>   | <b>Goals</b>  |
|---|--|---|
| Phase I<br>Initial Visit<br><br>Same Day Clinic | <ul style="list-style-type: none"> <li>• Evaluation and Treat</li> <li>• Fit patient with hand based thumb spica splint               <ul style="list-style-type: none"> <li>- Instruct in splint wear and care</li> </ul> </li> <li>• Instruct in edema management</li> <li>• Instruct in scar management techniques               <ul style="list-style-type: none"> <li>- Issue scar pad</li> </ul> </li> <li>• Instruct pain free thumb AROM and Wrist AROM</li> </ul> | <ul style="list-style-type: none"> <li>• Edema management</li> <li>• Scar management</li> <li>• ROM</li> <li>• HEP</li> </ul>                             |
| Phase II<br>6 Weeks<br><br>Same day Clinic      | <ul style="list-style-type: none"> <li>• Continue AROM, scar management and splint wearing schedule (as prescribed by physician)</li> <li>• Educate in joint protection techniques and self mobilization</li> <li>• Issue thumb CMC stabilization exercises</li> <li>• Use modalities as indicated</li> <li>• Gentle grip strengthening as indicated</li> </ul>  | <ul style="list-style-type: none"> <li>• ROM</li> <li>• Stabilization exercises</li> <li>• Pain management</li> <li>• Return to functional use</li> </ul> |

