

**Thumb CMC Arthritis (Conservative)
Dr. Feierabend**

Time Frame	Treatment	Goals
Phase I Initial Visit +	<ul style="list-style-type: none"> ● Fabricate a custom hand-based thermoplastic thumb spica orthosis (L3913), thumb is between palmar and radial abduction with IP joint free. <ul style="list-style-type: none"> ○ Wear with heavier ADL's or in times of significantly increased pain. ● If ordered Evaluate and Treat and continue with the following: ● Instruct in edema management techniques. ● Educate in joint protection and joint mobilization techniques including distraction. This should be <u>pain-free</u> only. ● May use modalities as indicated. <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. ● Home Exercise Program <ul style="list-style-type: none"> ○ AROM thumb exercises especially retropulsion and opposition. ○ Strengthening (progressive): <ul style="list-style-type: none"> ▪ Thumb "C," ▪ Isometric strengthening of 1st dorsal interossei, ▪ Isometric strengthening exercises into thumb flexion with care not to allow MP joint collapse, ▪ Resistive pinch exercises. 	<ul style="list-style-type: none"> ● Pain management ● Edema control if needed ● ROM ● Progress to stabilization and/or strengthening