

**Thumb CMC Joint Arthroplasty
Dr. Feierabend**

Time Frame	Treatment	Goals
Phase I Initial Visit Same Day Clinic+	<ul style="list-style-type: none"> • Evaluation and Treat. • Fabricate a custom forearm-based thumb spica with IP free (L3808)/prefabricated zipper thumb spica(L3807). Make sure thumb is between palmar and radial abduction. <ul style="list-style-type: none"> - Instruct in orthosis wear and care. • Instruct in edema management. • Instruct in scar management techniques. <ul style="list-style-type: none"> - Issue scar pad. • Instruct pain free wrist and thumb AROM focusing on retropulsion and opposition. 	<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 and scar management. • Discontinue orthosis use. • 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