Thumb CMC Arthroplasty OT Protocol
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2 weeks post-op:
• Post-op dressings are removed
• Fabricate thermoplastic thumb spica orthosis
  o Avoid MP hyperextension, if necessary, can even position MP in 0-10 degrees flexion
  o Promote palmar abduction and avoidance of web space contracture
• Begin gentle active wrist and thumb range of motion, IP joint motion ONLY. Instruct patient in home program, unless there are significant issues with ROM, pain or edema
• NO PASSIVE RANGE OF MOTION
• NO STRENGTHENING

6 weeks post-op:
• 2nd follow-up visit with M.D.
• Continue active range of motion of wrist and thumb, may now include CMC motion.
• May begin passive range of motion, if needed
• May remove orthosis for light activities of daily living

12 weeks post-op:
• 3rd follow-up visit with M.D.
• May begin gentle strengthening
• Advance range of motion, as needed
• Discontinue all splints, based on patient’s pain level. May continue to use neoprene support, as needed, for risky or provocative activities.

**Most patients do well with 2 to 3 therapy visits and a home exercise program. They should be reminded to avoid heavy ADL’s until the 12 week post-op visit.

C.Recor, OT, CHT
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