

THUMB CMC ARTHROPLASTY REHAB PROTOCOL (TRAPEZIECTOMY AND LRTI)

Please correlate rehab plan with operation note for patient specific post-operative plan base on intra-operative findings.

- 0-2 weeks
 - Thumb spica slab post op for wound and pain to settle
 - Keep elevated for 1st week
 - Finger and thumb tip range of motion exercises
 - Wound check at 2 weeks followed by hand therapy appointment
- After 2 weeks
 - Protective thumb spica thermoplastic splint with hand therapist
 - Maintain some thumb CM CJ abduction and extension
 - Avoid thumb in palm position
 - Avoid hyperextension through thumb MCPJ
 - Free thumb IPJ to allow range of motion in splint
- After 3 to 4 weeks
 - When pain and swelling settles, can start early gentle thumb range of motion exercises out of splint
 - focus on gentle thumb IPJ and MCPJ range, directed by hand therapist
 - Brace can be removed for showering
- After 6 weeks
 - Wean out of splint and use hand as pain allows
 - Avoid heavy lifting, pinch grip and power grip until 12 weeks out
 - Range of motion exercises
 - Active thumb range of motion in all directions
 - Encourage thumb opposition to all fingers
 - Passive thumb IPJ and MCPJ range of motion
 - Continue with night splinting up to 8 weeks
- After 12 weeks
 - No limitation with range of motion
 - Begin graduated strengthening
 - Work and sport specific rehab
- Follow up appointment:
 - 2 week clinic for wound check followed by hand therapy appointment
 - 6 week clinic with Mr Francis Ting with x-ray on arrival