

Thumb CMC Arthroplasty

Dr. Staiger

*Schedule OT same day as doctor.

Time Frame	Treatment	Goals
Phase I Post-Op Day 10-14	<ul style="list-style-type: none"> • Evaluate and Treat. • Fabricate forearm based thumb Spica zipper protection orthosis, with IP joint free, place thumb into a “C” position. • Instruct in edema management. • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). 	<ul style="list-style-type: none"> • Protection • Edema control • Scar management • Pain management
Phase II 6 Weeks	<ul style="list-style-type: none"> • Instruct in gentle, pain-free thumb active range of motion exercises including IP joint flexion/extension, MP joint flexion/extension, palmar abduction, radial abduction, opposition, and circumduction. • Instruct in gentle, pain-free wrist active range of motion exercises. • May use modalities as indicated <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. • May continue to see client (if needed) and may progress to active assistive range of motion of wrist and thumb as needed. • Begin gentle stabilization strengthening exercises as tolerated. • May fabricate custom and/or issue prefabricated hand based thumb spica. 	<ul style="list-style-type: none"> • ROM • Stabilization
Phase III 8 Weeks (If Needed)	<ul style="list-style-type: none"> • Educate in light pain free putty thumb and hand strengthening exercises. • Instruct/reinforce: client will see improvement up to 1 year, the greatest within the first 12 weeks, then continued gradual improvement up to 12 months. <ul style="list-style-type: none"> ○ At 12 months 95% of client's are happy/satisfied. 	<ul style="list-style-type: none"> • PREs