



Thumb Arthroplasty Rehabilitation Protocol

1-3 weeks post op

- Thumb spica orthotic with IP free and in mid position to be worn at all times
- Eval thumb IP and MP flexion/extension AROM
- Exercise as follows 6 times a day for 10 repetitions each
 - AROM thumb IP and MCP with the CMC supported in abduction
 - AROM to fingers

4 weeks post op

- Evaluate wrist AROM all planes and thumb flexion/extension/abduction/opposition
- Scar desensitization and light massage
- Scar pad issued
- Continue thumb spica orthotic at all times
- AROM and HEP exercises as follows:
 - Wrist flexion and extension
 - Wrist radial and ulnar deviation
 - Thumb flexion, extension, abduction and opposition
- Therapeutic heat may be used if ROM is painful or difficult
- Edema control if needed (modalities, not compressive dressings)

5 weeks post op

- AROM evaluation wrist & thumb all planes. Thumb adduction is allowed
- Instruction in joint protection and adaptive equipment
- Continue exercise and scar management as above
- Continue thumb spica orthotic at all times

6 weeks post op

- Neoprene CMC support during the day. Continue thumb spica orthotic at night.
- Use hand for light ADLs (no forceful pinch/pull)
- Continue exercise and scar management as above



8 weeks post op

- Wean from CMC neoprene support and thumb spica orthotic as tolerated. It is acceptable to continue the thumb spica at night indefinitely.

10-12 post op

- Resume normal daily tasks