

## Thumb CMC Arthroplasty (LRTI) – OT Protocol

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**\*\*OT initiated 2-3 weeks post op\*\***

**\*\*Splint discontinued 8-12 weeks post op\*\***

POST OP WEEK	OBJECTIVES
10-20 days after surgery	<ul style="list-style-type: none"><li>• <b>Post Operative Visit #1</b></li><li>• <b>Forearm based opponens thumb splint</b> is made (preserve webspace, ½ way between radial and palmar abduction, MP 30° flexion, IP free)</li><li>• Splint to be worn at all times except when bathing</li><li>• ROM fingers, thumb IP joint, wrist, elbow, &amp; shoulder</li><li>• Strict non-weight bearing through thumb</li></ul>
Weeks 2 and 3 (Passive Range of Motion)	<ul style="list-style-type: none"><li>• Hand therapy 2 times per week</li><li>• Gentle ROM exercises of wrist, MP and IP joints</li><li>• Start scar massage/Edema control</li><li>• Continue use of splint when not working ROM</li><li>• Strict non-weight bearing through thumb</li></ul>
Weeks 4 and 5 (Active Range of Motion)	<ul style="list-style-type: none"><li>• Hand therapy 2 times per week</li><li>• Active ROM all joints except thumb CMC; passive ROM to CMC – only abduction and extension, no flexion or adduction</li><li>• Adductor release technique</li><li>• Continue scar massage</li></ul>
Weeks 6 and 7 (Active ROM)	<ul style="list-style-type: none"><li>• <b>Post Operative Visit #2</b></li><li>• Hand therapy 1-2 times per week</li><li>• (active ROM all joints except thumb CMC; passive ROM to CMC – only <b>abduction</b> and extension, no flexion or adduction)</li><li>• Adductor release technique</li><li>• Home exercises (OT to advance as tolerates)</li><li>• Continue scar massage</li></ul>
Week 8 (Progressive Strengthening)	<ul style="list-style-type: none"><li>• Hand therapy 1 time per week</li><li>• <b>Splint transitioned to hand based opponens</b></li><li>• Progress exercise to include active thumb palmar abduction, opposition, and circumduction.</li><li>• Perform isometric thenar strengthening in the direction of palmar abduction.</li><li>• Continue use of splint when not strengthening</li><li>• OK to begin use of thumb for ADLs in splint</li><li>• Continue home exercises</li><li>• Continue scar massage</li></ul>
Weeks 9-12 (Out of Splint/Home Program)	<ul style="list-style-type: none"><li>• <b>Post Operative Visit #3</b></li><li>• Progress exercise to include active thumb palmar abduction, opposition, and circumduction.</li><li>• Perform isometric thenar strengthening in the direction of palmar abduction.</li><li>• Start to <b>wean out of splint</b> for light activities only</li><li>• Joint protection program</li><li>• Increase daily activities and strengthening</li></ul>
Week 12-16	<ul style="list-style-type: none"><li>• <b>Discontinue splint</b></li><li>• Progress strengthening exercise to include nonisometric thenar abduction and lateral pinch.</li><li>• Remove orthosis for light activities only.</li><li>• Progress to full use as tolerated</li></ul>