

CMC Arthroplasty-LRTI Therapy

I. Thumb Spica cast for 4 weeks

A. Pin removed if needed (rarely use pin)

II. 4 weeks

A. Start ROM, make removal thumb spica splint

B. Modify if MP joint capsulodesis or fusion

C. Thumb metacarpal abduction and extension

D. **AVOID** metacarpal flexion and adduction

E. Active MP & IP joint motion while supporting metacarpal

F. Wear splint at all times except washing and exercises

III. 6 weeks

A. Thenar strengthening (abduction, palmar & radial)

1. Continue for 4-6 months post operative

IV. 8 weeks

A. Begin grip & pinch strengthening

B. Continue thenar strengthening

C. Splinting continued until full ROM and strength functional

V. Strength and function improve for 6-12 months

Hervey L. Kimball, MD

Andrew L. Terrono, MD

