

CMC Arthroplasty-LRTI Therapy

- I. Thumb Spica cast worn for first 4-5 weeks after surgery
- II. 4-5 weeks
 - a. Custom thumb orthosis is fabricated by therapist- wear at all times except exercise and washing
 - b. Start range of motion exercises as instructed by therapist
 - i. Avoid bringing thumb into palm- thumb exercises should emphasize stretching the thumb **away** from palm
 - ii. Work on touching to fingertips and bending the middle thumb joint, with the base of the thumb supported
 - c. Avoid pinching and gripping
- III. 6weeks
 - a. Thumb strengthening- continue for 4-6 months
 - i. Exercises strengthen the muscles that pull the thumb **away** from the palm
- IV. 8 weeks
 - a. Begin grip and pinch strengthening
 - b. Continue thumb strengthening
 - c. Continue splinting until motion and strength improve and pain has decreased
- V. 6-12 months
 - a. Expect continued improvement of strength and function

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