



**WESTERN  
ORTHOPAEDICS**

*Excellence in Motion*

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**CMC Suspension Arthroplasty Protocol**

**Days 3-5**

Remove surgical dressing, clean and dress wound

Fabricate short-arm thumb spica splint with the MP at 20 degrees or as pinned; the IP of the thumb in splinted full extension

Begin passive range of motion to MP and IP of the thumb while supporting the CMC joint.

Therapy 1-2 times per week

Range of motion if needed

May begin active range of motion of the MP and IP of the thumb while supporting the CMC joint

May begin active range of motion of wrist flexion and extension

Instruct the patient in home exercise program

Stress to patient thumb is not to be used for activity. Splint to be worn at all time except ROM exercises

**Week 4**

After pin removal, may begin active range of motion at the CMC joint

Patient is instructed to do this exercise 8 times per day.

Begin gentle resistive exercise to fingers and thumb flexion and extension

Begin weaning away from splint

Begin resistive pinch exercises

**Week 8**

May use dynamic splinting for thumb flexion of the MP and IP if necessary

Continue progressive resistive exercise

Goal is full motion and 80% grip/pinch strength by 12 weeks