

Suspension Arthroplasty Basilar Joint of Thumb(CMC)

- Day 3 Change Dressing
 Clean and Inspect Wound
 Instruct on Pin Care
 Splint - short arm thumb spica splint to tip, pad pin
 Begin ROM fingers and wrist, active and passive as
 needed to maintain full ROM
 Begin thumb MP and IP ROM
 Therapy 1-2X/week as needed to maintain ROM
 Splint worn at all times
 Stress to pt thumb is not to be used for activity. Splint to be worn a
 At all times except ROM exercise
- Week 2 Sutures removed by physician
 Instruct on scar massage
- Week 6 Pins removed by physician
 Begin Active and Assisted ROM of Thumb IP, MP and
 Basilar Joints, goal is full ROM by 10 weeks
 Begin Gentle strengthening program
 Splint for sleep /travel/crowds
 Strength and ROM recorded weekly to
 end of therapy
 Therapy 2-3X/week
- Week 8 Begin aggressive strengthening, goal is 60% strength by week10
 Therapy 3X/week
- Week10 Discontinue splinting
 Continue aggressive strengthening/work conditioning
 Goal is 80% strength by week 12
 Therapy 3x/week, increase if needed to meet goals

Note to accompany patient to week 6, 10,14 appointments to include weekly strength and ROM measurements