

## **CMC Arthroplasty Rehab Protocol**

### **Dr. Nielsen**

#### **0-2 weeks**

- Post-op splint with IP free
  - No pinching against thumb

#### **2-4 weeks**

- Sutures removed at 2 weeks
  - May start scar massage 3 days after suture removal
- Splint: forearm based thumb spica in wide anteposition, IP free

#### **4-6 weeks**

- Splint: short opponens splint in wide anteposition
- ROM
  - Begin wrist flexion/extension/deviation
  - Begin MP AROM with CMC stabilized

#### **6-10 weeks**

- Splint: wean out as tolerated
- ROM:
  - Begin active and passive ROM at CMC joint

#### **10+ weeks**

- Strengthening with stress ball or putty
- No restrictions