



# Thumb CMC Arthroplasty (LRTI) or Arthroscopic Hemitrapeziectomy with Fascia Lata Allograft and Tight Rope

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## Goals of therapy

- Protect ligament reconstruction and joint replacement
- Provide pain free functional thumb
- Patient education regarding changes in grip and pinch strength
- Provide adaptive equipment as needed

## Week 2 (First post-op with PA)

- Post-op dressings are removed
- Sutures are removed at this visit
- Thumb spica cast with IP free
- Index through small finger, elbow and shoulder active range of motion

## Weeks 2-6

- Continue active range of motion, as above
- Thumb ROM exercises
  - Gentle/progressive IP joint AROM only if cast
- During this 4-week period, gradually increase intensity of exercises (still no passive) and begin weaning from splint during day. Continue night time use

## Week 6 (second follow-up visit with PA)

- Splint worn during risky activities and pain relief. Night use as needed
- May also be fitted with a neoprene hand-based support. Patient may alternate between use of thermoplastic splint and neoprene support based on activity level, MP joint hyperextension, and pain level
- Begin gentle lateral pinch activities with affected hand
- Monitor MP joint for hyperextension
- Begin scar massage, silicone gel pad, as needed
- Desensitization techniques, as needed
- May begin gentle strengthening and PROM exercises

## Week 12 (with MD)

- Discontinue all splints, based on patient's pain level. May continue to use neoprene support, as needed, for risky or provocative activities