

# cmc

Post-Operative

## therapy protocol

This brochure summarizes post-operative guidelines for **Ascension Orthopedics CMC Arthroplasty**. For more information, contact **customer service** at **512-836-5001**, or in the U.S., **1-877-370-5001** (toll-free).



Ascension Orthopedics CMC Arthroplasty

post-operative therapy protocol

# post-operative therapy protocol

## **2 Days Post-Op:**

- The patient is placed in a cast with the IP of the thumb free, the proximal phalanx flexed, and the metacarpal fully abducted-palmarly and radially.

## **2 Weeks Post-Op:**

- The cast is changed, and the same position is maintained until six weeks post-op.

## **6 Weeks Post-Op:**

- The patient is placed in a splint in the same position (full CMC abduction and slight MP flexion).
- The patient is instructed in active-only radial and palmar abduction and adduction exercises. These are performed 3X daily for five repetitions out of the splint.
- The splint is otherwise worn fulltime, except for showers.
- There should be no gripping with thumb while out of splint.

## **12 Weeks Post-Op:**

- The splint is removed, and the patient is instructed to gradually increase to normal activities over the next six weeks, after which full activities may be performed.
- No further formal exercises are performed – simply functional use of the thumb.