

cmc

Post-Operative

therapy guidelines

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)**.



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Ascension Orthopedics CMC Arthroplasty

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as presented by:

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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 4-6 weeks post-op.

4-6 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.