



CMC Arthroplasty
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	PRECAUTIONS	ROM	EXERCISES
Phase 1: 0-14 days 1-2x/week	Post-op Splint	AROM 1st IP only and digits 2-5	1st visit- Remove dressings and apply Forearm-Based Thumb Spica (FBTS) w/ IP free
Phase 2: 2-4 weeks 2x/week	FBTS	Begin MP joint AROM	Soft tissue mobilization
Phase 3: 4-6 weeks 2x/week	HBTS	Wrist AROM CMC AROM	Cut down splint to Hand-Based Thumb Spica (HBTS)
Phase 4: 6-12 weeks 1-2x/week	D/C splint	Full AROM	Full strengthening

MD post op appts: 2 weeks, 6 weeks, 12 weeks

Please send OT progress notes prior to each MD appt.

This protocol is not a substitute for clinical decision making of the health care professional.

Please see OT referral for any specific post op instructions.