



CMC Arthroplasty  
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	<b>PRECAUTIONS</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>Phase 1: 0-14 days</b> <b>1-2x/week</b>	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
<b>Phase 2: 2-4 weeks</b> <b>2x/week</b>	FBTS	Begin MP joint AROM	Soft tissue mobilization
<b>Phase 3: 4-6 weeks</b> <b>2x/week</b>	HBTS	Wrist AROM  CMC AROM	Cut down splint to Hand-Based Thumb Spica (HBTS)
<b>Phase 4: 6-12 weeks</b> <b>1-2x/week</b>	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.