

CMC Arthroplasty

- A. 0-6 weeks post-op
 - 1. Begin hand therapy including gentle finger, wrist, and thumb IP and MCP ROM
 - 2. Protected gentle ROM of CMC joint
 - 3. Use of thumb spica splint
 - 4. CMC protected / splinted global UE strengthening

- C. 6+ weeks post-op
 - 1. Progressive hand and grip strengthening
 - 2. Continue use of protective splint with daily activities/use of hand, may wean as strength progresses