

## Wrist CMC Arthroplasty Protocol

Phase 1	Surgery to 4 weeks post-op
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> <li>• Wrist tenodesis AROM in pain free range</li> <li>• Thumb radial abduction AROM completed on table in pain free range</li> <li>• Edema management</li> <li>• AROM of thumb IP, 2-5<sup>th</sup> digit MP, PIP, DIP</li> <li>• Cryotherapy</li> <li>• Scar massage</li> </ul>
Bracing	<ul style="list-style-type: none"> <li>• Forearm based thumb spica splint with wrist in mild extension, thumb midway between palmar and radial AB, IP of the thumb free</li> <li>• Splint removed for bathing and HEP only</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• No lifting greater than 2-3 lbs</li> </ul>

Phase 2	4-6 weeks post-op
Appointments	<ul style="list-style-type: none"> <li>• 1-3x per week depending on patient AROM</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Maintain 2-3 lbs lifting restrictions</li> </ul>
Bracing	<ul style="list-style-type: none"> <li>• Patient can advance into Comfort Cool during daytime activities</li> <li>• Continue with forearm splint at night</li> </ul>
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> <li>• Continue with Radial AB AROM in pain free range</li> <li>• Wrist tenodesis AROM in pain free range</li> <li>• Cryotherapy as needed</li> </ul>

### CMC Arthroplasty Protocol

Phase 3	6 weeks post-op
Appointments	<ul style="list-style-type: none"> <li>• 1-3x per week depending on patient motion and strength</li> </ul>
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> <li>• Advance to full AROM of thumb</li> <li>• PROM of the thumb and digits as needed</li> <li>• Wrist, hand isometric and concentric strengthening</li> <li>• Modalities as needed</li> </ul>
Bracing	<ul style="list-style-type: none"> <li>• Discontinue forearm splint wear</li> <li>• Continue with comfort cool PRN</li> </ul>