

## CMC Arthroplasty with MCP Fusion Protocol

Phase 1	1-4 weeks post-op
Appointments	<ul style="list-style-type: none"> <li>1-2x for splint fabrication and suture removal</li> </ul>
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> <li>Wrist tenodesis AROM 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 palmer 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 2-3lbs</li> </ul>

Phase 2	4-6 weeks post-op
Appointments	<ul style="list-style-type: none"> <li>1-3 times per week, depending on patient AROM.</li> </ul>
Bracing	<ul style="list-style-type: none"> <li>Pt should be created a hand-based opponens splint with thumb midway between palmer and radial AB, IP of the thumb free for use during daytime activities.</li> <li>Continue with forearm splint at night</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>Maintain 2-3 lbs lifting restrictions</li> </ul>
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> <li>Continue with wrist tenodesis AROM in pain-free range</li> <li>Cryotherapy as needed</li> </ul>

### CMC Arthroplasty with MCP Fusion Protocol

Phase 3	6 weeks post-op
Appointments	<ul style="list-style-type: none"> <li>• 1-3 times per week, depending on patient's 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-based and hand-based splint wear</li> <li>• Advance into comfort cool PRN</li> </ul>