

Wrist CMC Arthroplasty Protocol

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

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

CMC Arthroplasty Protocol

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