



Orthopaedic Protocols

1st CMC Arthroplasty Ligament Reconstruction, Tendon Interposition

Post-op Days 3-5:

- Dressing change. Fiberglass splint.

Post-op Days 10-14:

- Splint removal. Suture removal.
- Short arm thumb spica cast, IP free.

Post-op Week 4:

- Cast removed. Pin removed.
- OT consult. Custom molded thumb spica splint. 2-3 Times a week visit for active motion at MP (if not stabilized) & IP. Isometric thenar abduction strengthening.

Post-op week 6-8:

- Active mobilization of 1st CMC with flexion abduction exercises.

Post-op week 10-12:

- Goal for resumption of all preoperative activities.