



ADVANCED
ORTHOPAEDIC
SPECIALISTS

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CMC Arthroplasty Rehab Protocol

*If tightrope procedure performed begin formal PT at 6 weeks post-op

Phase	Weight Bearing	Brace	ROM	Therapeutic Interventions
*Phase I Weeks 0-4	NWB	Splint at all times	None	elbow and shoulder movement only
*Phase II Weeks 4-6	NWB	Splint off during PT only	Wrist AROM all planes	AROM: Wrist all planes, Thumb CMC palmar & radial abduction, opposition to index and middle finger pads, IP joint flexion PROM: if above motions limited PT PROM indicated (no stretching)
Phase III Weeks 6-8	NWB	Splint between PT sessions and at night	Progress pain free AROM of thumb all planes working toward opposition to base of 5th digit	Continue Phase II interventions; begin pain free dexterity activities (no resistance); begin pain free thumb CMC palmar abduction/adduction/extension
Phase IV Weeks 8-12	Begin weight bearing through hand week 10 as tolerated	D/C splint; neoprene thumb spica during activity if needed	Restore AROM/PROM all planes of hand, wrist, and thumb	Begin pain-free stretching of indicated joints as needed; Begin grip strengthening with individual digital extension and flexion resistance (putty, isotonic strengthening); Progressively build from light to heavy functional activity <i>*If returning to heavy manual labor begin work conditioning at approximately week 10 unless contraindication - defer to surgeon</i>

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