

Basal Joint Arthroplasty Protocol
Dr. McKenna
May 2018

Weeks 0-2: Post op thumb spica splint. Digital ROM

Weeks 2-6: Postop Cast

Week 6:

- Thumb spica wrist brace. Remove for ROM exercises.
D/C splint when FROM without pain.
- Initiate opposition to each fingertip, do not progress to opposing to palmar crease until fingertips are easily reached

Week 8:

- Thenar strengthening at 8 weeks, light isometrics into palmar and radial abduction
- Light wrist and forearm strengthening
- Light resisted exercises for grip and opposition
- Continue to avoid strong grasping and pinching motions

Week 10:

- May progress grasp and pinch strengthening within pain free tolerance

McKenna – updated 3-6-18