

Basal Joint Arthroplasty Protocol
Dr. Bienz
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Weeks 0-2: Post op thumb spica splint. Digital ROM

Weeks 2-6: Postop Cast

Week 6: Hand based thumb spica thermoplastic splint. Remove for ROM exercises.
D/C splint when AROM 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