CMC Arthroplasty Rehabilitation

**Maximum Protection (Phase 1-4 weeks)**

- Goniometer Measurements
- Thumb Carpalmetacarpal Joint
- Abduction
- Flexion
- Extension
- Opposition

Thumb Metacarpal Joint

- Flexion
- Extension
- Opposition

- Ice
- Gentle mobilization grade 1 at CMC, MCP and IP joint
- Scar management (massage)
- Splinting

**Moderate Protection Phase (4-8 weeks)**

- Ice with persisted edema
  - Moist heat
  - Paraffin if sutures have been removed

If sutures have not been removed you can place glove on patient to use paraffin.
GENTLE STRETCHING OF THUMB

I. Extensor tendon procedure
   Abduction and adduction of CMC joint
   Grade 1 mobilization at MCP and IP joint
   Radial and ulnar
   Rotation
   Distraction
   Volar and dorsal glides

   MCP and IP joint
   Active assistant flexion and extension

II. Flexor tendon procedure
   Abduction at CMC joint
   Flexion and extension at MCP and IP Joint

   Gentle mobilizations at MCP and IP Joint
   Radial and ulnar
   Rotation
   Distraction
   Volar and dorsal

III. Abductor tendon procedure
   Flexion and extension at MCP and IP Joint
   Gentle Mobilizations at CMC Joint
   Gentle mobilizations at MCP Joint and IP Joint

Active Assistant Strengthening Exercise

I. Flexor tendon procedure
   Active assistant only
   Abduction
   Active flexion and extension at MCP and IP Joint
   Active flexion using:
     Putty
     Corn meal in box
     Towel Curling
     Squeeze ball
     Hand grip

II. Extensor tendon Procedure
   Active assistant flexion of MCP and IP Joint
   Active assistant abduction at CMC Joint
   Active assistant wrist exercise
     Flexion and extension
     Radial and ulnar extension

Abductor tendon procedure
   Active assistant flexion and extension CMC joint
   Active assistant flexion and extension MCP and IP Joint
   Abduction and adduction is limited so you do not re-injure or tear sutures