



BASAL JOINT ARTHROPLASTY PROTOCOL

Weeks 0-2:

- Postop 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 FROM without pain.
- Initiate opposition to each fingertip, do not progress to opposing to palmar crease until finger tips 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