



## REHABILITATION GUIDELINES BASAL JOINT ARTHROPLASTY

0-2 WEEKS

DOS:

Post op thumb spica splint. Digital ROM

2-6 WEEKS

DATE:

Postop Cast

6 WEEKS

DATE:

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

8 WEEKS

DATE:

- 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

10 WEEKS

DATE:

- May progress grasp and pinch strengthening within pain free tolerance