

REHABILITATION GUIDELINES
BASAL JOINT ARTHROPLASTY

0-2 WEEKS

DOS:

Post op thumb spica splint. Digital ROM

2-6 WEEKS

DATE:

Post-op Cast

6 WEEKS

DATE:

- 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

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