



## **CMC Arthroplasty Rehabilitation**

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

Goniometer Measurements  
Thumb Carpometacarpal 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