



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC
PARK CITY • HEBER CITY • SALT LAKE CITY

Dr. Patrick Olson

Thumb Basal Joint Arthroplasty Protocol

Day 0 - 14	<ul style="list-style-type: none">• Keep post-operative dressing clean, dry, and in place until post-op visit• Keep hand elevated above the level of your heart• Early active motion at the thumb IP (tip of thumb) joint• May use hand for very light activities of daily living, such as eating, writing, typing, getting dressed, and brushing teeth
Day 14	<p>Post-Op Appointment:</p> <ul style="list-style-type: none">• Post-op dressings are removed• Stitches are absorbable, steri-strips are left in place• Sent to a certified hand therapist for a custom-made forearm based thumb splint and to begin range of motion<ul style="list-style-type: none">○ Active Range of Motion Exercises (as guided by a hand therapist):<ul style="list-style-type: none">▪ Wrist Flexion and Extension, IP joint, Digit 6 pack, Elbow (flexion & extension)
Week 2-4	<ul style="list-style-type: none">• Wear splint full time (including night time) to protect the repair<ul style="list-style-type: none">○ Splint may be removed for showering and gentle ROM as directed by the hand therapist• May get steri-strips wet (pat dry with clean towel), but may not soak (bath tub, hot tub, pool, etc.)<ul style="list-style-type: none">○ Once steri-strips fall off and incision site is well healed, water activity is unrestricted• Active Range of Motion Exercises (as guided by a hand therapist):<ul style="list-style-type: none">○ Radial and palmar abduction, Active out and relax, Opposition to tip and base of digit 5 (pinky), Thumb IP/MP joint, Wrist radial deviation and ulnar deviation
Week 4-6	<ul style="list-style-type: none">• Wearing splint full time (altered to hand based thumb splint)• Passive Range of Motion Exercises (as guided by a hand therapist):<ul style="list-style-type: none">○ Wrist and IP joint only
Week 6-12	<ul style="list-style-type: none">• Discontinue use of splint• Wear splint during sports or high risk activities until 3 months post-op• Strengthening (as guided by a hand therapist):<ul style="list-style-type: none">○ Wrist Flexion and Extension with 1-2 pounds free weight, Yellow putty lateral, 2 and 3 point pinch, Extension and Opposition
3 months	<ul style="list-style-type: none">• Resume normal activity