Rehabilitation After Trapeziometacarpal Arthroplasty

Up to 6 Weeks
A cast or splint which immobilizes the wrist and thumb is worn.

6 Weeks
A removable hand-based splint is fabricated to support the new joint while allowing the wrist, tip of thumb and possibly second joint of thumb to move freely. This splint is removed to perform the following range of motion exercises ________ times each, ________ times a day.
1. Hold thumb just below the tip. Bend and straighten the tip only.
2. Hold thumb just below the second joint. While supporting the base of thumb on the back side of the hand, bend and straighten this joint.
3. Touch thumb to each fingertip starting at index and stopping at__________finger.
4. Spread thumb away from palm.

Massage scar 4-6 times/day.

If hypersensitivity is a problem, you may begin desensitization by rubbing the sensitive area with various textures, tapping or using vibration.

If swelling is a problem, contrast baths may be started. This involves alternately placing the affected hand(s) in warm and cold water every 30 seconds, while slowly opening and closing the hand for a total time of 15 minutes 1-3 times/day.

No resistive pinch.
8 Weeks
The hand-based splint may be discontinued, or the wearing schedule altered, if the new joint is thought to be stable.
No resistive pinch.

12 Weeks
Strengthening exercises for grip and pinch may be started.