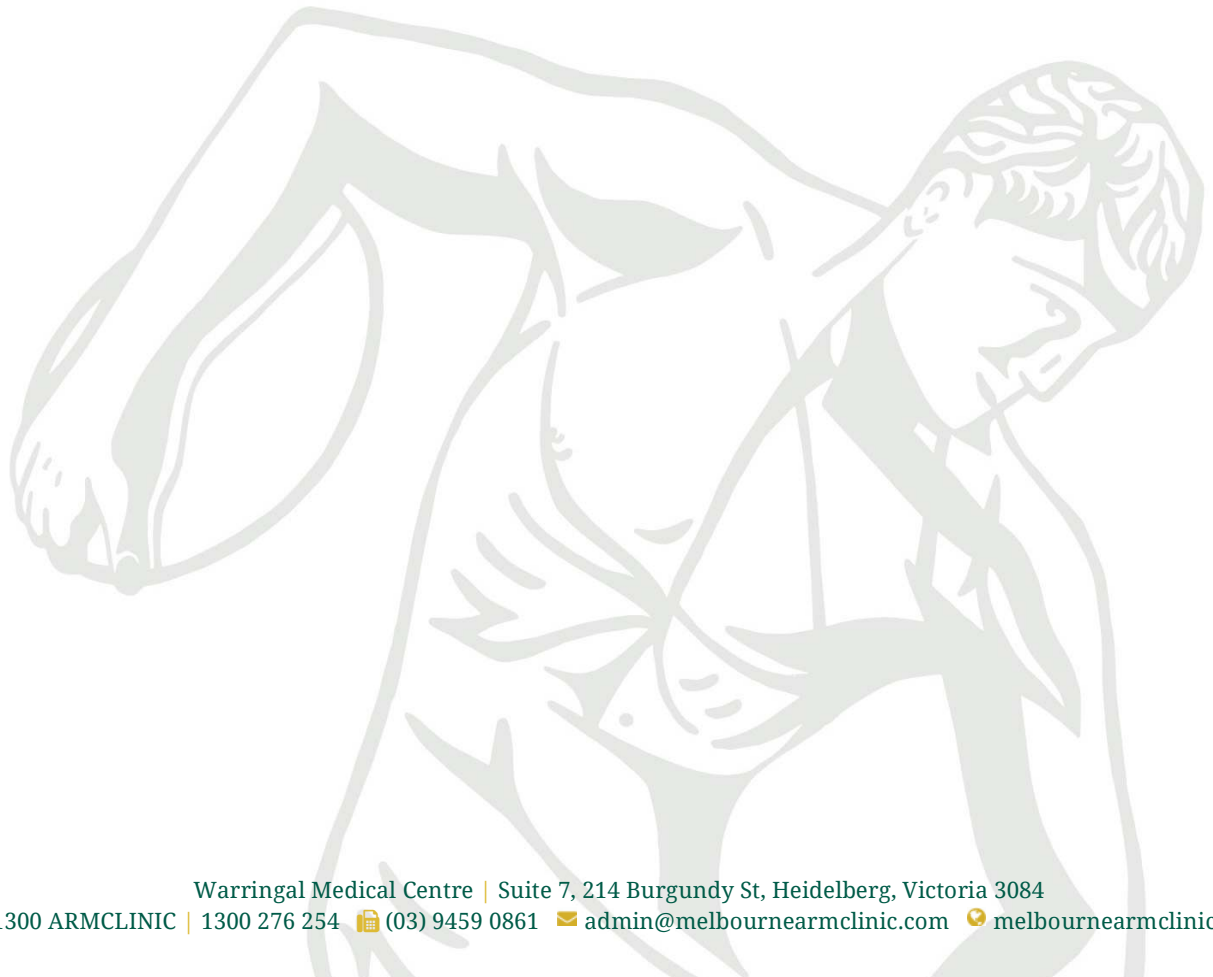




CMC Joint Suspensionplasty Protocol





CMC Joint Suspensionplasty

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Orthopaedic Surgeon

Sling	When will I go home?	What can I do?	What can't I do?
2 weeks	You will be discharged on the <u>same</u> day as the operation	Rest in splint/plaster	No lifting

Acute phase (0-2 weeks)

Goals

- Reduce pain

Rehabilitation

- Rest in plaster/splint

Intermediate phase (2-6 weeks)

Goals

- Control pain

Rehabilitation

- Change in thumb splint
- Gentle passive thumb range of movement
- No thumb opposition
- Active finger movements
- Wrist range of movement

Late phase (>6 weeks)

Goals

- Regain thumb range of movement
- Regain strength, proprioception and function

Rehabilitation

- Begin active range of movement of the thumb
- Encourage abduction, adduction, flexion and extension
- No thumb opposition until 8 weeks post surgery
- Load thumb from 8 weeks

Guidelines for return to functional activities

Driving	Lifting	Swimming	Golf
2 weeks	6 weeks	2 weeks	4 weeks