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## **\* LRTI/Basilar Joint Arthroplasty Post Operative Rehabilitation Protocol**

### **Following Surgery:**

- Expect a surgical bulky splint to be kept in place for 10-14 days.
- Gentle motion of thumb tip encouraged.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medicine only if needed, and as prescribed. Call if any problems or questions arise.

### **1 week Post Op:**

- Custom thumb spica splint will be made at OT.

### **2 week Post Op:**

- Follow up appointment in clinic with P.A. or M.D. in clinic
- Tegederm will be removed.
- Be sure to move thumb tip at least 10x/day (flex and extend).

### **6 Weeks Post Op:**

- Follow up appointment in clinic with P.A. or M.D.
- Begin weaning from splint over the next 2 weeks.
- Therapist will initiate:
  - Range of motion (ROM) exercises, active motion of the thumb, no passive stretching.
  - Gentle strengthening exercises.

### **10-12 Weeks Post Op:**

- Follow up appointment in clinic with M.D.-10 weeks for Tapeziectomy, 12 weeks for LRTI
- Progressively return to full activities as tolerated.
- Full release with a neoprene thumb splint may give extra support as needed during activities.

### **Considerations:**

- Thumb will continue to get stronger over a period of 1 year to 1 ½ years.

*\*Please visit our website at [www.akhanddoc.com](http://www.akhanddoc.com) for illustrations.*

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.