



4015 Lake Otis Parkway, Suite 201 Anchorage, AK 99508 • Phone 907-771-3500 • Fax 907-771-3550 • www.akhanddoc.com

*** 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.

10-14 days Post Op:

- Follow up appointment in clinic with P.A. or Surgeon.
- Splint and sutures will be removed.
- Expect a short arm thumb spica cast for one month.
- 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 Surgeon.
- Short arm thumb spica cast will be removed.
- Expect a custom removable volar thumb spica splint with IP joint free to wear until 8-10 weeks post op. (Splint may be removed for showering, eating, and deskwork and as instructed by your therapist.)
- Therapist will initiate:
 - Range of motion (ROM) exercises.
 - Gentle strengthening exercises.

10-12 Weeks Post Op:

- Follow up appointment in clinic with surgeon
- May discontinue everyday use of splint and progressively return to full activities as tolerated.
- 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 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.