

Dr. Robert Wysocki

CMC Joint Fracture/Dislocation

0-2 weeks:

Splint: The postoperative dressing is removed. A well molded forearm-based splint or cast is fitted for continual wear, with MCP's free

Motion: Unrestricted finger motion allowed in post-operative dressing. Gentle active and Passive Range of Motion exercises are initiated to the digits 15 min/hr.

6 weeks:

Splint: Cast/splint is weaned over two weeks

Motion: Active Range of Motion exercises are initiated to the wrist and forearm each hour. Electric muscle stimulation may be initiated to facilitate tendon excursion.

8 weeks:

Splint: Dynamic splinting may be used as needed to increase passive wrist Range of Motion.

Motion: Begin Passive Range of Motion exercises to the wrist and forearm.

10 weeks:

Removable wrist brace may be used for gradual return to heavy activity by 12-14 weeks