

Dr. Robert Wysocki

Thumb Metacarpal Base Fractures

0 - 6 weeks:

Splint: Short Arm Thumb Spica Cast or forearm-based removable thumb spica splint as directed, interphalangeal joint free.

Motion: Active thumb IP flexion and extension.

4 - 6 weeks:

Splint: Pins are removed, and cast (if used) is removed. A Wrist and Thumb Static splint (if cast was used) is fitted to be worn between exercises and at night for protection. Night-time splinting continues until 8 weeks

Motion: Active and gentle Passive Range of Motion exercises are initiated 15 min/hr.

8 weeks:

Taping and/or dynamic flexion may be initiated as needed as long as the fracture is clinically healed.

12 weeks:

Sporting activities and heavy labor may be gradually resumed.