



Thumb CMC Arthroplasty - Postoperative Instructions

Following your surgery, it is important to balance protecting your thumb with gentle movement. Use these guidelines to help your recovery

Bracing: Wear your brace every night while you sleep.

During the day, wear it only when you leave the house or if you are doing activities where you need extra protection. Daytime use should be minimal.

Daily Activity: It is safe and encouraged to move your thumb and wrist.

Avoid any heavy or forceful pinching until at least 6 weeks after your surgery.
Do not do activities that cause thumb pain.

Scar massage: Gently massage the scar for a few minutes each day.

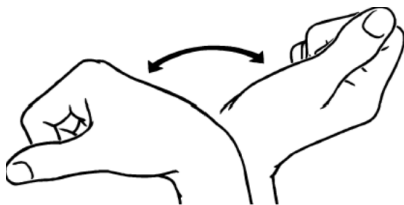
This decreases scar sensitivity helps with healing.

Exercise Routine: Perform the following motion exercises **1 to 2 times per day**.

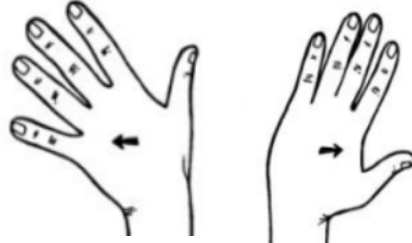
It is okay to do other exercises that do not use your thumb or wrist.

Motion Exercises

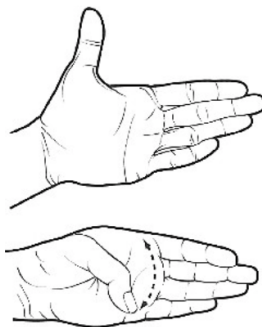
1. Wrist flexion and extension



2. Dart throwing motion



3. Thumb flexion and extension



4. Finger motion

