



Trapeziectomy and LRTI +/- Tight Rope Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical bulky splint to be kept in place until 2 week post-op visit.
- 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.

2 Week Post Op:

- Follow up appointment in clinic with xrays out of splint
- Application of thumb spica casts

4 Weeks Post Op:

- Follow up appointment in clinic for cast removal.
- Application of custom thumb spica splint at therapy.
- Therapist will initiate:
 - Range of motion (ROM) exercises, active motion of the thumb, no passive stretching.
 - Gentle strengthening exercises.

12 Weeks Post Op:

- Follow up appointment in clinic
- Anticipate release to progressive activities as tolerated.
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Considerations:

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