

**REHABILITATION PROTOCOL:  
THUMB TRAPEZIECTOMY WITH LIGAMENT RECONSTRUCTION TENDON (LRTI)**

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**7-10 day post-op**

- OT to fabricate a custom FA based thumb spica
- AROM of the wrist and thumb
- Scar massage

**4 weeks post op**

- PROM for the thumb and wrist
- Cut orthosis down to a hand based thumb spica

**6-8 weeks post op**

- Unrestricted PROM
- Continue orthosis PRN
- Gentle strengthening is initiated to the thumb, wrist and forearm at 6 weeks.
  - If pain is persisting for patient, delay strengthening to 8 weeks post op
- If needed dynamic/static progressing orthosis for the thumb. Orthosis needs to provide maximal support to the CMC joint.

**10-12 weeks post op**

- Return to all activities without restrictions. Patients should stay away from high power pinch until 14-16 weeks

**\*\* Each patient will have a variety of outcomes. Treatment and protocol may differentiate due to severity of injury\*\***