

**BASILAR THUMB RECONSTRUCTION with INTERNAL BRACE
APL to FCR SUSPENSIONPLASTY
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7 DAYS POST OP

Custom fabricated forearm based thumb spica splint with IP free, wear in between exercises and at night.

Initiate pain free AROM and gentle PROM of forearm, wrist, and thumb. Encourage motion of digits. Initiate edema control and scar management.

4-6 WEEKS POST OP

Transition to hand based thumb spica on per patient basis (pain, activity level, adherence to program)

Initiate gentle progressive strengthening

6-8 WEEKS POST OP

Goal is to return to normal activities and discontinue formal therapy.

Considerations

Avoid key pinch until 6 weeks post op.

Avoid tip to tip resistive pinch for 3 months.