

**REHABILITATION PROTOCOL:
BASILAR THUMB RECONSTRUCTION WITH INTERNAL BRACE (NO GRAFT)
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7 days postop

- Bulky dressing is removed.
- Custom hand-based thumb spica orthosis is fabricated.
- The orthosis is to be worn in between exercises and at night.
- Initiate pain free AROM and gentle PROM of thumb and wrist.
- motion of digits.
- Initiate edema control
- Educate on scar management.

8 weeks postop

- 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.