

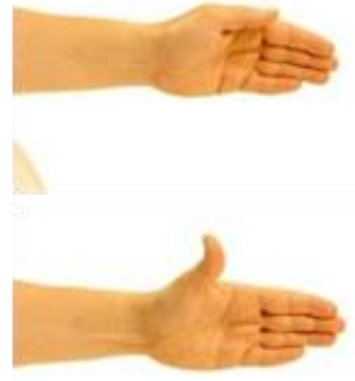
Thumb CMC Joint Arthroplasty Surgery Home Program Phase 2 Exercises

DAVID GESENSWAY, MD

Exercises should be done with your splint off, just 3 times per day. Doing a 10 minute warm water soak or hot pack beforehand will help you do the exercises with less discomfort, and will help improve your motion.

1 – THUMB CIRCUMDUCTION: SETS: 1 / REPETITION: 15 / FREQUENCY: 3X/DAY

- Rotate thumb in circles, both directions, without moving the wrist.
- Make as wide a circle as possible, slowly.



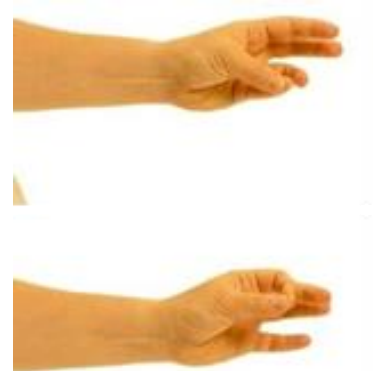
2 – THUMB ABDUCTION: SETS: 1 / REPETITION: 15 / FREQUENCY: 3X / DAY

- Reach the thumb outward, away from the index finger, as if grabbing a wide can.
- Then bring the thumb back to the palm.



3 – THUMB OPPOSITION: SETS: 1 / REPETITION: 15 / FREQUENCY: 3X / DAY

- Touch the thumb to the tip of each finger. When you get to the little finger, move the thumb down the little finger, towards the palm.



4 – WRIST SIDE TO SIDE MOTION: SETS: 1 / REPETITION: 15 / FREQUENCY: 3X / DAY

- Put your palm flat on the table.
- Use the opposite hand to stabilize your forearm just above your wrist.
- Move your wrist as much as you can from side to side, leaving your palm flat on the table at all times.



5 – WRIST EXTENSION / FLEXION - SETS: 1 / REPETITION: 15 / FREQUENCY: 3X / DAY

- Begin with the elbow of your injured wrist resting on the table.
- Move your wrist forward so your wrist flexes down and fingers naturally open/straighten.
- Keep them relaxed.
- Then, move your wrist backwards so your fingers to fall into a loose fist.



6 - FOREARM ROTATION: SETS: 1 / REPETITION: 15 / FREQUENCY: 3X / DAY

- Sit up straight in a chair with your elbow bent 90 degrees, in a handshake position.
- Turn your forearm palm up, hold 10 seconds, and then palm down, hold 10 seconds.
- This exercise can be done with your splint on, too, but it is easier to move the arm fully up and fully down while out of the splint.



1 – 6 EXERCISE SUMMARY:



- **Exercise 1: Thumb Circumduction**
Sets: 1 / Repetition: 15 / Frequency: 3x/day



- **Exercise 2: Thumb abduction**
Sets: 1 / Repetition: 15 / Frequency: 3x/day



- **Exercise 3: Thumb opposition**
Sets: 1 / Repetition: 15 / Frequency: 3x/day



- **Exercise 4: Wrist side to side motion**
Sets: 1 / Repetition: 15 / Frequency: 3x/day



- **Exercise 5: Wrist extension/flexion**
Sets: 1 / Repetition: 15 / Frequency: 3x/day



- **Exercise 6: Forearm rotation**
Sets: 1 / Repetition: 15 / Frequency: 3x/day