

Below is an example of a Post Operative Protocol that Dr. Weiss uses with his SpeedSpiral patients. It is provided for informational purposes only and does not constitute medical advice. Each patient is unique and deserves an individualized post operative plan based on the patient's specific prognosis. This information should not be relied on as a substitute for, or to replace, professional medical advice or treatment. Please note timing below varies per patient.

Treatment Goals:

- Edema control
- Pain control
- Increase ROM, strength, and functional use of the hand
- Promotion of a stable, mobile, and pain-free joint

Management

0-4 Weeks:

- In Operating Room: Surgeon preference as to protective thumb immobilization splint.
- Edema control
- Scar management
- Desensitization of the incision
- Active Range of Motion (AROM) of digits, index through small
- AROM of MP, IP joint of thumb
- Passive Range of Motion (PROM) of digits index through small
- At first post-op visit between 8-12 days: Fabricate Forearm-Based (FB) CMC orthosis with thumb position in slight palmar abduction. Wear full time (incl. showers) x1 week. The next week OK to remove for showers.

4 - 6 Weeks:

- Transition to Hand-Based (HB) CMC orthosis
- AROM of CMC joint including abduction, extension, and opposition
- AROM / PROM of MCP joint of thumb, with CMC stabilized
- AROM of the wrist
- Isolated CMC extension
- 6 weeks can begin to wean from the orthosis during the day if patient is asymptomatic/joint is stable (consult w/ MD)
- Nerve gliding of the sensory branch of the radial nerve, PRN
- Light functional use

6 - 8 Weeks:

- Light Activities of Daily Living (ADLs) and functional activities without splint if patient is asymptomatic and joint is stable
- Educate patient in joint protection
- 8 weeks: Discharge orthosis if asymptomatic; however, orthosis recommended for at risk tasks
- If pain free, add CMC stabilization exercises

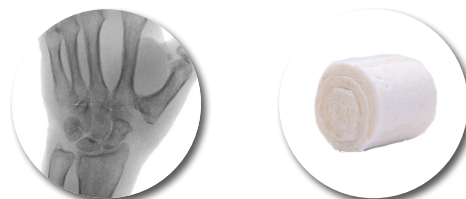
8 - 10 Weeks:

- Light gripping exercises as tolerated

10 - 12 Weeks:

- Light resistive pinching exercises can be initiated; however, ensure stable pinch is maintained

Please note: This is a compilation of postoperative protocols provided by surgeons experienced with the SpeedSpiral CMC procedure and is provided for reference only. Postoperative protocol is always at the surgeons discretion.



SpeedSpiral CMC Allograft System

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