



*Excellence in  
Orthopaedic Surgery  
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## Occupational Therapy Services

### CMC OA Protocol

Pt is typically seen 1x/wk or every other week for up to 4 visits, usually: remember every patient is different and this may vary dependent on their needs.

1<sup>st</sup> visit: Educate on anatomy, why patient is doing the activities this way.

- instruct patient on manual release of the thumb adductor as well as any other overly dominant muscle group.
- Joint mobilization to reduce and/or realign the CMC.
- Initial muscle re-education to relearn how to use the thumb properly.
- Go over joint protection techniques as well as adaptive tools available to help reduce wear and tear of the joint.
- Start thumb stabilizing and strengthening first starting with isometric exercises that include the 1<sup>st</sup> dorsal interosseous, opponens and abductor. No pinch or grip strengthening since it increases the adductor (want to avoid). This may also be initiated on the 2<sup>nd</sup> visit depending on how many times you will be seeing them.
- Fitting of CMC orthotic. Plan to wean pt out of orthotic. The goal is to teach the patient how to control pain, exercises they can do to help strengthening and to not depend on orthotic. Wear orthotic 24/7 (as much as possible) the first two weeks then start weaning. This may vary depending on patient.

2<sup>nd</sup> visit:

- Follow up with previous activities. Insure that patient is doing correctly.
- Start thumb stabilizing and strengthening with isometric then isotonic exercises ie rubber bands, etc.
- Reinforce joint protection and adaptive tools.
- Adjust orthotic as necessary.

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Striving for patient's independence with their own intervention techniques.

Therapeutic interventions should not involve increased pain or painful pinching otherwise increasing wear and tear at the joint.

Remember to start first with adductor release, followed by gentle joint mob/realignment then lastly is strengthening. For each exercise session a patient performs, they need to follow this sequence every time.

Metagrip push orthotic is available at: [handlab.com](http://handlab.com).