

UVA HAND CENTER - THERAPY

1st CMC reconstruction/LRTI Preferences

Physician	Cast Removal	Place in long opponens	Start AROM	Start PROM	Transition to short opponens	Start strengthening	Wean splint
Chhabra	4 weeks	4 weeks	4 weeks	As tolerated	If needed	8 weeks	8 weeks
Freilich	4 weeks	4 weeks	4 weeks	As tolerated	If needed	8 weeks	8 weeks
Dacus	3 weeks then Hand Based Thumb splint	N/A	3 weeks	3 weeks	3 weeks	Once painless ROM is achieved	10-12 weeks
Deal	4 weeks then Hand Based Thumb splint	N/A	4 weeks	As tolerated	4 weeks	As tolerated	8 weeks
Morgan/Drake	Per script	Per Script	Per Script	Per Script	Per Script	Per Script	Per Script