

# Occupational Therapy Prescription

**Jesse Kaplan, MD / MBA**  
 Hand and Upper Extremity Surgery  
 101 The City Drive South  
 Pavilion III, Building 29A  
 Orange, CA 92868  
 Phone: 714-456-7012  
[www.jessekaplanmd.com](http://www.jessekaplanmd.com)



## Carpometacarpal Arthroplasty

Surgical Date: \_\_\_\_\_

Side:  Right  Left

Phase	Goals	Precautions	Exercises
<b>Phase 1:</b>  <b>Weeks 0 – 4</b>	Pain control  Edema management  Protect Repair	Splint at all times	Week 2: Custom thermoplastic thumb spica splint. Midway Thumb abduction, slight MCP flexion, IP jt free  OK to remove for shower/hygiene
<b>Phase 2:</b>  <b>Weeks 4-8</b>	Range of motion  Edema management	Splint at all times except exercises/hygiene  No lifting > 1 lbs	Gentle flex/ext/abd/add exercises A/AA/PROM exercises 10 x/ day for 10 minutes with CMC support Scar desensitization Modalities PRN
<b>Phase 3:</b>  <b>Weeks 8-12</b>	Range of motion  Strengthening  Scar Management	Wean out of splint.  Transition to neoprene brace to wear at night and between exercises as needed  No lifting > 5 lbs	A/AA/PROM no limits Continue desensitization Hand/wrist strengthening Emphasize end range flex/ext/pronation/supination Modalities PRN  Begin gentle strengthening. Exercises
<b>Phase 4:</b>  <b>Weeks 12+</b>	Return to daily activities	Return to functional use and activities	Activity incorporation/functional modifications May take 3-6 months to restore full functional use

Treatment:  1-2  2-3 times per week for \_\_\_\_\_ weeks.  Home Program

Physician's Signature: \_\_\_\_\_

**Jesse Kaplan, MD**