

SURGICAL INSIGHT: CMC POSTOPERATIVE GUIDELINES

MK-62-101-03 rev B

For optimal outcomes, immobilize CMC joint for a minimum of 4 weeks.

The Ensemble CMC™ surgical procedure minimizes disruption of critical, stabilizing soft-tissue structures, which may allow for quicker recoveries. Providing careful postoperative guidance in terms of timing and activity level can help manage patient expectations.

Based on users' reported postoperative protocols, we recommend the following guidelines, which can be tailored on a case-by-case basis.

Phase 1 – Immediate Post-surgical Phase, Weeks 0-2:

Start CMC immobilization with wrist-based cast.

Phase 2 – Protection Phase, Weeks 2-4:

Continue CMC immobilization with hard, removable wrist-based splint.

Phase 3 – Intermediate Phase, Weeks 4-12:

Initiate CMC mobilization. Light activities as tolerated. Wear thumb spica splint as needed during high demand activities.

Phase 4 – Final Phase, Weeks 12+:

Advanced activities as tolerated.



*Phase 1:
Wrist-based Cast*



*Phase 2:
Removable
Wrist-based
Splint*



*Phase 3:
Thumb Spica
Splint*