

TRAPEZIECTOMY

0-5 weeks post-op

Volar slab for 2 weeks
Futura splint for 2-3 weeks

5 weeks post-op

Bivalve POP in clinic and assess
If lax, then rest for 1 week longer prior to mobilising
If stiff, then mobilise

Splintage

A resting splint is provided on removal of POP only if:
 There is excessive pain
 Pain is limiting function
 Resting in adduction

8 weeks post-op

Gentle strengthening and Occupational Therapy if the joint is relatively stable and pain free

10-12 weeks post-op

Full rehabilitation
Patient may need a splint for work

Expected Outcome

Full range of movement
Significant pain reduction
Reasonable strength, NB pinch will remain reduced