Postoperative Care of EIP- APB Opponensplasty-- Dr. Trueblood

Indications:

Technique:

Postoperative Precautions:

- Full time splinting.
- No lifting, pushing, or pulling with operative hand.
- Patient encouraged to not drive or operate heavy machinery.

1st postoperative visit at 2 weeks after surgery--

- Wound Assessment.
- Pain Assessment. Refill pain medications as needed.
- Therapy Prescription. Start Phase 1.
- Schedule Followup at 6 weeks after surgery.
- Work Note, if needed: No lifting, pushing, or pulling. <5# weight lifting in splint. Must wear splint. May type and write.
- Expected return to work:
  - Cognitive/ Sedentary: 3-4 days
  - Medium Labor: 6 weeks
  - Heavy labor 8-10 weeks.

Phase 1 Therapy (Protect transfer, motor retraining)

- Splinting: Forearm based thumb spica splint in palmar abduction. Wear at all times when not doing ROM therapy. Cut splint down to hand based at 4 weeks after surgery.
- ROM:
  - AROM/ AAROM
  - Motor retraining
  - NO PROM
- No strengthening/ resisted activity.
- modalities prn
- HEP

2nd office visit 6 weeks after surgery--

- Pain Assessment. Refill pain medications as needed.
- Therapy Prescription. Start Phase 2
- Schedule Followup at 12 weeks after surgery.
Work Note, if needed: 20# weightlifting for 2 weeks, then unlimited weightbearing at 8 weeks after surgery.

Expected return to work:
- Cognitive/ Sedentary: 3-4 days
- Medium Labor: 6 weeks
- Heavy labor 8-10 weeks.

Phase 2 therapy (Regain full ROM and normalize functional use of hand)

- Splinting: Wean from splint as tolerated. Most patients will be out of their splint full time by weeks after surgery.
- ROM:
  - AROM/ PROM
  - Motor retraining. May used NEMS for motor retraining if needed.
- Strengthening:
  - Wrist and grip strengthening. Majority of therapeutic exercise comes from resuming normal, daily activities.

Modalities prn

HEP
  - Transition to HEP full time when patient has full, smooth range of motion without hesitation.

Final followup at 3 months after surgery--
- Functional assessment-- DASH score
- Work Note: no limitations
- Followup prn