

## 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