

SURGICAL INSIGHT: CMC POSTOPERATIVE GUIDELINES

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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.

Up to 3 Weeks Postoperatively:

Postoperative thumb splint or cast.

3-6 Weeks Postoperatively:

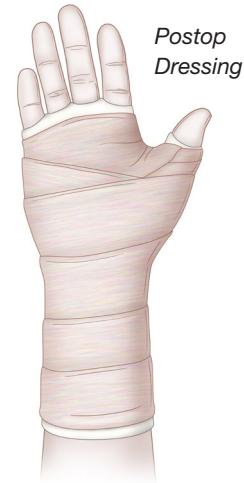
Initiate rehabilitation while wearing a removable thumb spica splint and allowing gentle, full range of motion.

Up to 3 Months Postoperatively:

Light activities as tolerated. Wear splint during high demand activities.

After 3 Months Postoperatively:

Advanced activities as tolerated.



*Postop
Dressing*



*Removable
Splint*