

Trapezectomy - Advice Sheet

Name: Date of operation:

- *You have had an operation to remove a small bone at the base of your thumb. This is usually done to relieve pain from osteoarthritis.*
- *Your plaster and pins (not all patients have pins) will have been removed.*
- *A splint will be provided for you to wear full-time until approximately 8 weeks after your operation.*
- *It is important that you now start exercising your hand to help regain movement and strength.*

EXERCISES – Do these **every hour**

1. Slowly make a full fist with all your fingers and thumb. Repeat this 20 times.

2. Spread all your fingers and thumb out into a fan and back. Repeat 10 times.

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3. Slowly take your thumb across your palm to try and touch the base of your little finger. Repeat 10 times.

4. Once the pin sites are healed, you can start massaging your scar, with hand cream.



Do

- Work steadily through your exercises.
- Be patient. It can be a painful operation but progress is usually steady for up to a year.
- From 8 weeks after your operation you can start strengthening your hand.
- Drive but only when you have a good grip. **Remember** this is **your** responsibility and decision.



Do Not

- Lift anything heavy with your hands for the next few weeks. Then gradually increase what you do. Your Physiotherapist will advise you on this.
- Do not pinch until approximately 8 weeks after your operation.
- Full activity can be resumed at 12 weeks after your operation.

Any queries please do not hesitate to contact your Physiotherapist