

# Thumb carpometacarpal (CMC) joint arthroplasty (MAIA joint replacement)

This leaflet offers more information after having a thumb joint (MAIA) replacement for patients under the care of the St George's hospital hand therapy team. It explains what you can do to ensure the best possible recovery. If you have any further questions, please speak to the therapist caring for you.

## Looking after my splint

You have been given a splint/brace to provide protection and support following your surgery. Please make sure that you wear the splint at all times (even when sleeping), however it can be removed for hygiene and for exercises, as directed by your therapist.

## Looking after my wound

Your wound will be left with minimal or no dressings to aid healing.

If your stitches need to be removed, this can be done either by a nurse at your GP surgery or in the Hand Unit, 10 to 14 days after surgery. If you are unsure, please confirm with your therapist. To prevent infection, you must keep your wound clean and dry until it is healed.

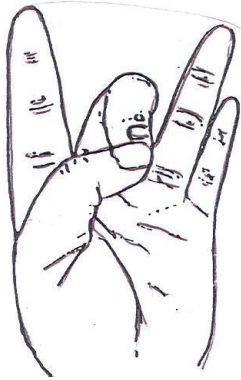
## What exercises should I do?

### 1. Isolated thumb tip stretch and bend



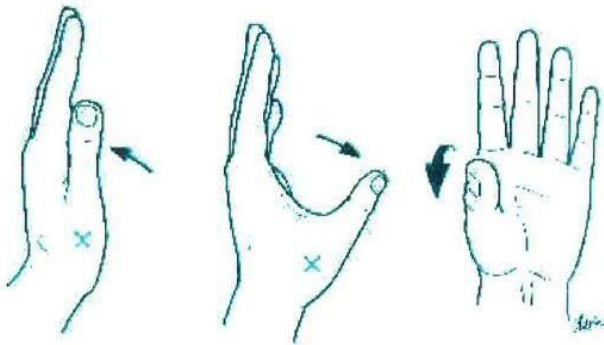
- a) Gently wrap your fingers round the base of the thumb and support the middle knuckle. Leave the tip free.
- b) Bend the tip as much as you can, then return to the straight position.

## 2. Tip to tip



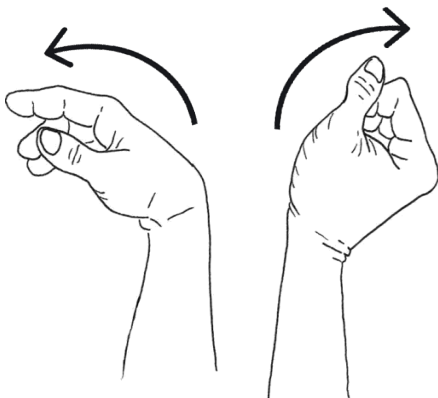
- Starting with your first (index) finger, touch each fingertip in turn with the tip of your thumb, trying to make an 'O' shape.
- For the first 2 weeks, **only touch the thumb to the index and middle finger**. From week 3 onwards, touch the thumb to all fingers.

## 3. Adduction (together) / Abduction (spread apart)



- Push your thumb against your index finger and hold
- Then, stretch your thumb away from your index finger (as if going to pick up a glass), hold then relax.

## 4. Wrist forwards and backwards (wrist tenodesis)



- With your fingers relaxed, bend your wrist as far back as you can. Allow your fingers to relax into a bend during the movement.
- Then, keeping your fingers relaxed, move your wrist as far forwards as you can, allowing your fingers to straighten.

## How often should I do my exercises?

- Please complete each exercise \_\_\_\_\_ times.
- Hold each position for \_\_\_\_\_ seconds.
- Repeat \_\_\_\_\_ times per day.

## What else should I do and not do?

- You can use your hand for light day to day tasks with the splint on
- You can remove the splint/brace when washing and dressing yourself
- Do not push your thumb into a bend using your other hand OR try to bend or straighten your thumb fully

## Contact us

If you have any questions regarding the information provided in this leaflet, please feel free to discuss these with your therapist at your next appointment. For more urgent queries the team can be contacted on the **treatment enquiries** phone number listed below.

Your therapist is: \_\_\_\_\_

Treatment enquiries: 020 8725 1038

Appointments: 020 8725 0007

Email: [handtherapy@stgeorges.nhs.uk](mailto:handtherapy@stgeorges.nhs.uk)

Or scan  
here

