



GRUMPY BASE OF THUMB? ABOUT THUMB CMCJ OA

Thumb CMC pain post trauma ? Or do you have a patient with thumb OA?

Thumb CMC OA is a common cause of thumb pain particularly in people over 50yrs. Trauma, hormonal changes and the "kisses of time" result in degenerative changes in the articular cartilage and then bony changes. Many people have symptoms of pain with pinch before there are any bony changes demonstrated on XR.

Other symptoms include weakness, release pain on pinch, pain on gripping and aching at night. More severe changes will lead to the adducted position of the thumb with MP joint hyperextension. These all impact functional use of the hand.

Splinting or other supports combined with a dynamic stability strengthening program form the basis of conservative management. We can also help with activity modification and ensuring clients have the tools they need to help manage their symptoms, and continue to participate in the things they love.

