



Understanding Thumb CMC Osteoarthritis

A Patient Information Pamphlet

Introduction :

We are providing you with important information about Thumb CMC Osteoarthritis. Please read this information sheet carefully and feel free to ask any questions or seek clarification from us.



What is Thumb CMC Osteoarthritis?

Thumb CMC (Carpometacarpal) osteoarthritis is a degenerative joint disease affecting the base of the thumb where it meets the wrist. This condition leads to the breakdown of cartilage in the joint, causing pain, stiffness, and decreased function in the thumb.

What are the causes and symptoms?

Causes

Thumb CMC osteoarthritis is often caused by wear and tear on the joint over time. Certain factors such as age, genetics, previous hand injuries, and repetitive hand movements may increase the risk of developing this condition.

Symptoms

Common symptoms of thumb CMC osteoarthritis include:

- Pain and tenderness at the base of the thumb, particularly with gripping or pinching motions.
- Swelling or inflammation around the thumb joint.
- Stiffness and decreased range of motion in the thumb.
- Weakness or instability in the thumb joint.

Diagnosis and Treatment Options :

Treatment for thumb CMC osteoarthritis typically involves a combination of conservative measures and, in some cases, medical interventions. These may include:

- Resting the affected thumb and avoiding activities that exacerbate symptoms.
- Applying heat or cold packs to reduce pain and inflammation.
- Taking nonsteroidal anti-inflammatory medications (NSAIDs) to alleviate pain and reduce inflammation.
- Using thumb splints or braces to stabilize the joint and improve function.
- Corticosteroid injections to reduce inflammation and provide temporary pain relief.
- Physical therapy to improve thumb strength and flexibility.

Getting Support

To manage and prevent thumb CMC osteoarthritis, consider the following tips:

- Avoid repetitive hand movements that strain the thumb joint.
- Use proper ergonomic techniques and tools to reduce stress on the hands and wrists.
- Perform thumb-strengthening exercises to improve joint stability and function.
- Maintain a healthy weight to reduce pressure on the thumb joint.
- Consider using assistive devices or adaptive tools to reduce thumb strain during daily activities.



If you have any questions or require further clarification, please do not hesitate to reach out to us.

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