

MEDICAL BREAKTHROUGHS **RESEARCH SUMMARY**

TOPIC: CMC SURGERY FOR THUMB ARTHRITIS
REPORT: MB #4831

ARTHRITIC THUMB: Thumb arthritis is common as you age and a previous trauma or injury to the thumb joint can cause thumb arthritis. It occurs when cartilage wears away from the ends of the bones that form the joint at the base of your thumb, also known as the carpometacarpal (CMC) joint. Thumb arthritis can cause severe pain, swelling, and decreased strength and range of motion, making it difficult to do simple tasks, such as turning doorknobs and opening jars. Factors that can increase your risk of thumb arthritis include being female, being over 40, obesity, certain hereditary conditions, such as joint ligament laxity and malformed joints, injuries to your thumb joint, such as fractures and sprains, diseases that change the normal structure and function of cartilage, such as rheumatoid arthritis and osteoarthritis, and activities and jobs that put high stress on the thumb joint.

(Source: <https://www.mayoclinic.org/diseases-conditions/thumb-arthritis/symptoms-causes/syc-20378339>)

DIAGNOSIS: During a physical exam, the doctor will ask about your symptoms and look for noticeable lumps on your joints. The doctor might hold your joint while moving your thumb, with pressure, against your wrist bone. If this movement produces a grinding sound, or causes pain or a gritty feeling, the cartilage has likely worn down, and the bones are rubbing against each other. X-rays can reveal signs of thumb arthritis including bone spurs, worn-down cartilage, and loss of joint space. Treatment usually involves a combination of non-surgical therapies including medications, a splint to support the joint, injections and as a last option surgery.

(Source: <https://www.mayoclinic.org/diseases-conditions/thumb-arthritis/diagnosis-treatment/drc-20378344>)

CARPOMETACARPAL ARTHROPLASTY THUMB SURGERY: Thumb carpometacarpal arthroplasty is a treatment option for thumb arthritis. The surgery involves removing the small wrist bone that is part of the carpometacarpal joint and replacing it with a wrist flexor tendon. During the procedure, a small incision is made over the carpometacarpal joint, and the trapezium wrist bone is removed. Then a small incision is made in the forearm to release a wrist flexor tendon. It is attached to the base of the thumb metacarpal bone with a bone anchor, and then the remainder of the tendon is rolled into a ball and placed into the void left by the trapezium. The incisions are closed with absorbable sutures, and the hand is covered by a dressing and cast to immobilize the wrist and portion of the thumb.

(Source: <https://www.dd-clinic.com/thumb-cmc-arthroplasty/>)

FOR MORE INFORMATION ON THIS REPORT, PLEASE CONTACT:

ANN PITCHER

ANN@PITCHERCOM.COM

If this story or any other Ivanhoe story has impacted your life or prompted you or someone you know to seek or change treatments, please let us know by contacting Marjorie Bekaert Thomas at mthomas@ivanhoe.com