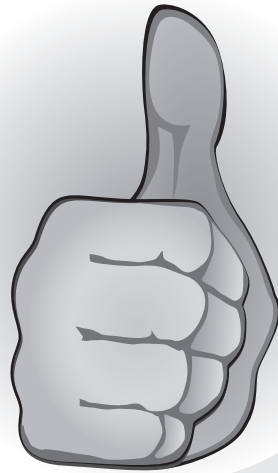


Osteoarthritis of the Thumb - Hand Therapy

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What is Osteoarthritis (OA)?

Arthritis means inflammation in the joints. Osteoarthritis is the most common form of arthritis in the UK affecting up to 8.5 million people. It is caused by changes in the cartilage that cover the ends of the bone within the joint.

Normal joints are constantly undergoing repair due to the daily wear and tear that is placed on them. In osteoarthritis this process does not seem to occur correctly and changes occur. The cartilage that covers the end of the bone becomes damaged and worn. Bony growths can form around the joint edges. These are called osteophytes and the tissues surrounding the joint can become inflamed (See diagram 1).

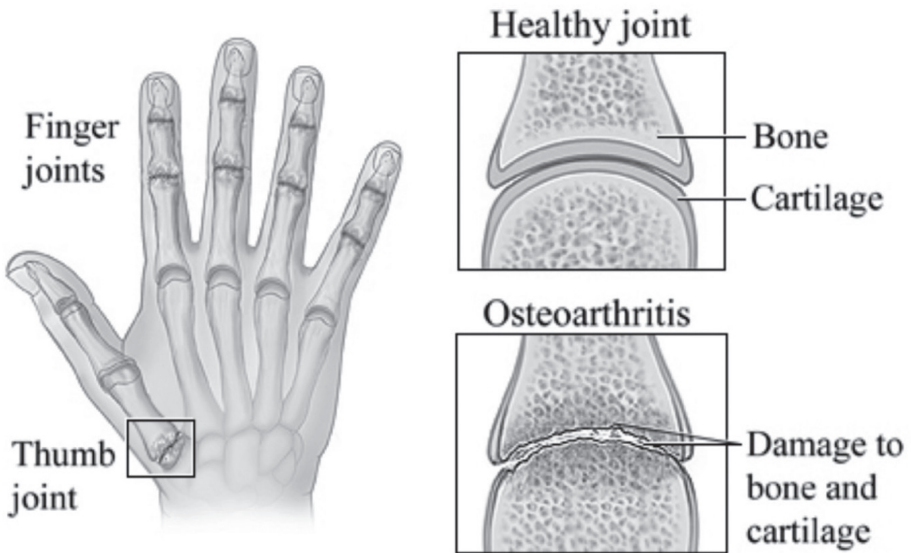


Diagram 1: Changes that occur in the hand with Osteoarthritis

The Symptoms of Osteoarthritis of the Thumb are:

- Pain in all the thumb joints, most commonly at the base of the thumb and sometimes into the wrist.
- Stiffness or loss of movement
- Weakness in your ability to grip or hold objects, and difficulty at times performing finer tasks like buttons and zips.
- The joints can become swollen or misshapen and the knuckles can appear thicker.

Sometimes people can have no symptoms of this condition for a long time although X-rays can show changes. The opposite of this can also be true. An individual can have minor changes on a x-ray and have severe symptoms.

How is it diagnosed?

We usually diagnose Osteoarthritis of the thumb by your age, history and symptoms you describe. Usually, you do not need any further tests. However, your doctor may take blood tests or x-rays to rule out any other causes.

What causes Osteoarthritis of the thumb?

It isn't always clear but there are a number of factors that can play a role in developing OA of the thumb.

These include:

- **Age:** OA is more common with increasing age. This is due to the natural wear and tear process and the body's ability to repair becoming less as you get older.
- **Genetics:** There is thought to be a link to inheriting a tendency for OA.
- **Gender:** Women are more likely to develop this than men.
- **Previous injury:** If you have had previous trauma or injury to your thumb this may contribute to OA.
- **Overuse of the joint:** How you use your hand is also thought to contribute. If you are continually putting pressure through these joints with your occupation, hobbies or lifestyle, this can contribute to the excessive wear of the joint.

Prognosis

A diagnosis of OA does not mean that it will continue to get worse. Only 25% (one in four) of patients deteriorate with this condition, 25% (one in four) improve and the remainder stay about the same. If you have any worries about your diagnosis please speak to your therapist, GP or consultant.

Management

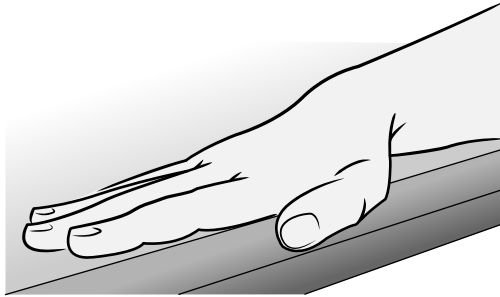
You will need an individual assessment to determine how best to help you. This will include:

- looking at the mobility of your thumb
- the strength of the muscles that support your thumb
- how you use your hand.

Management can include offering you an individual exercise programme, splinting, techniques to help your pain, advice and assistance on improving the functioning of your hand.

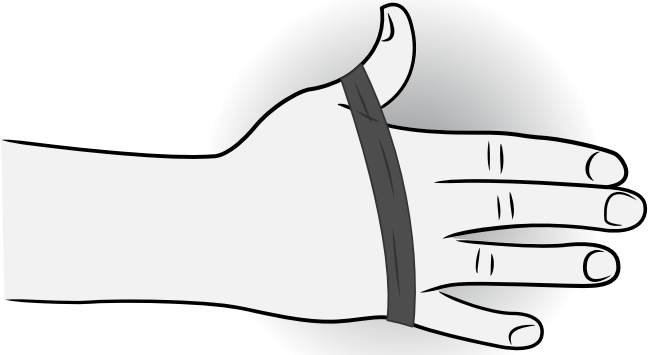
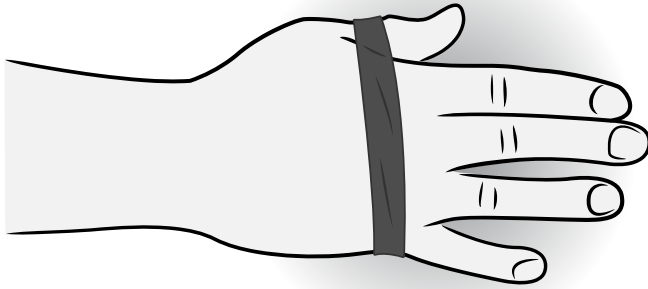
Exercises

Your therapist will discuss and show you the exercises that are appropriate for you. Below are examples of some exercises. Only do the exercises your therapist tells you to do.



1. Strengthening of muscles at the base of the thumb (1)

- Place your hand at the edge of a table with your affected thumb off of the edge.
- Bend both the joints of the thumb
- Keeping the hand flat and the thumb joints bent lift the thumb level with the palm of the hand
- Repeat _____ times _____ sets



2. Strengthening the muscle at the base of the thumb (2)

- Placing a band around your palm and the thumb below the knuckle in the thumb
- Keeping your palm flat on the table take your thumb away from your palm as far as possible
- Make sure the band does not move above the knuckle
- Repeat _____ times _____ sets



3. Stretch of thumb web space

- Using your other hand take your thumb as far away from your palm as far as you can.
- Hold _____ seconds Repeat _____ times

Splints

Your therapist may give you a splint to assist with the functioning of your hand and to help relieve the pain.

It is very important you follow the instructions on how to use this splint. There is room in the box below to note down any reminders.

Using your splint:

How you use your hand

Your therapist will give you specific advice on protecting your thumb joint and the way you use your hand. This could be in combination with your splint, equipment at work or using your computer. This is to help your pain and strengthen the muscles. Use the space below to note down any reminders or advice.

Notes:

Heat or cold

Some patients with OA find heat can help their pain. This may involve placing a hot water bottle or heat pack over your hand or using a warm water bath. Always make sure that the temperature is not too hot for you skin, safety first.

Or if you feel hot and swollen around your joint an ice pack can also be soothing. Always protect your skin with a damp cloth as the ice can burn. Again if you have sensory problems in you hand speak with your therapist before trying ice.

What other treatments are available?

Painkillers

Simple analgesia like paracetamol can be an effective painkiller. Ask your GP or pharmacist for advice on the most appropriate medication for you.

Steroid injections

We can inject Corticosteroid directly into the joint. This provides an anti-inflammatory effect but is not always suitable for every patient. Speak with your GP, Consultant or physiotherapist for more information.

Surgery

If exercises and painkillers are not effective there are surgical options available. The most common procedure is a trapeziectomy. This involves removing one of the bones that is most worn and causing pain, however you would need a referral to an orthopaedic surgeon for this.

References

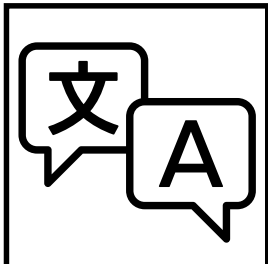
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More Information

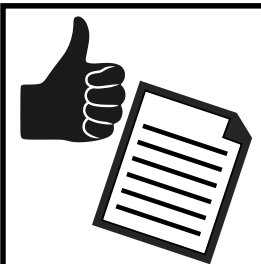
- www.patient.co.uk
- **Arthritis Research UK** www.arthritisresearchuk.org
- **NHS Inform** www.nhsinform.co.uk

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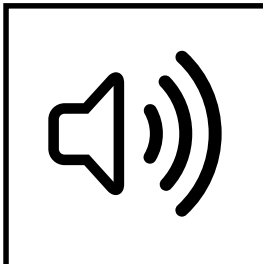
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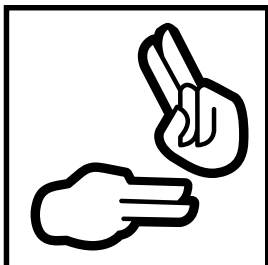
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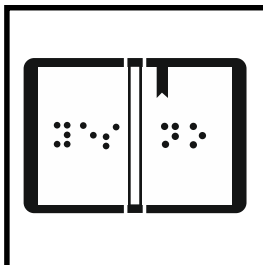
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