

Dr. Robert Wysocki

Thumb CMC Arthritis – Non-operative Treatment

Splint: A hand-based orthoplast thumb spica removable splint fabricated with the wrist at 10 degrees extension, thumb at neutral abduction and opposition with the MCP joint flexed 30 degrees and the IP joint free. This splint is worn at night, and can also be worn during the day if tolerated. The patient is also provided a figure of eight neoprene brace for daytime used if the custom-molded splint is too rigid

Motion: Once pain is minimized with splint, patient comes out of splint routinely to perform range of motion exercises. Gentle strengthening of the thenars is encouraged once patient is pain free, do not strengthen adductor pollicis.

Patients are advised to use the cotralateral hand for activities which aggravate their condition, avoid strong pinch, consider ergonomic devices (jar lid openers, door openers, etc.) to offload the joint

Intraarticular steroid injections are frequently used in addition to splinting and activity modification to help control symptoms.