

Thumb CMC Arthritis (Conservative)

Dr. Staiger

Time Frame	Treatment	Goals
Phase I Initial Visit +	<ul style="list-style-type: none"> ● Evaluate and Treat ● Fabricate thermoplastic hand based thumb spica orthosis, thumb into slight palmar abduction with IP joint free. <ul style="list-style-type: none"> ○ Wear with heavier ADL's or in times of significantly increased pain. ● Fit in neoprene hand based thumb spica orthosis. <ul style="list-style-type: none"> ○ Wear with lighter ADL's or in times of significantly increased pain . ● May instruct client in Kinesiology taping techniques. ● Instruct in edema management techniques. ● Educate in joint mobilization techniques including distraction. This should be <u>pain-free</u> only. ● Discuss use of glucosamine chondroitin to possibly assist with tolerance of arthritis (i.e. Trigosamine, Omega 3, Turmeric, CBD oil/cream). ● May use modalities as indicated <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. ● Home Exercise Program <ul style="list-style-type: none"> ○ Stretch thumb web space. <ul style="list-style-type: none"> ▪ Adductor trigger point release. ▪ Gentle passive range of motion of thumb into radial abduction and palmar abduction with care to stretch at CMC versus MP. ○ AROM thumb exercises. ○ Strengthening (progressive): <ul style="list-style-type: none"> ▪ Thumb "C," ▪ Isometric strengthening of 1st dorsal interossei, ▪ Isometric strengthening exercises into thumb flexion with care not to allow MP joint collapse, ▪ Resistive pinch exercises. 	<ul style="list-style-type: none"> ● Pain management ● Edema control if needed ● ROM ● Progress to stabilization and/or strengthening
	<p>**The client may have both a soft and hard orthosis or may just have one orthosis that he/she feels will work best for what they do at home/work.</p> <p>**Strengthening should be completed to tolerance and may take months to progress through to resistive strengthening.</p>	