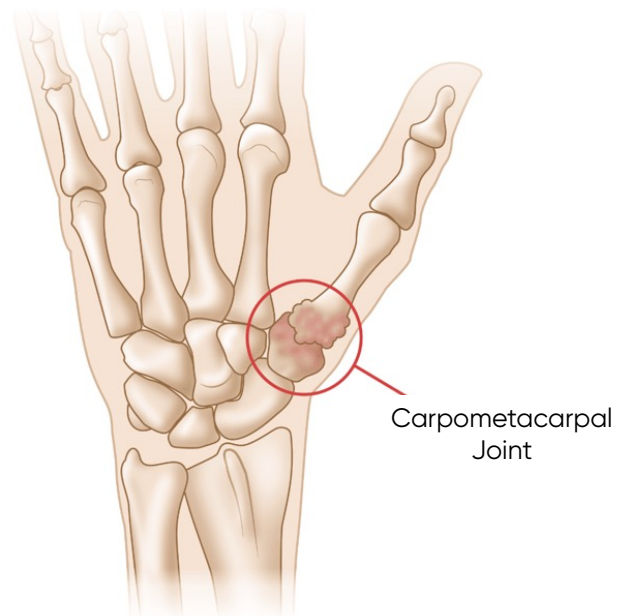


# BASE OF THUMB OSTEOARTHRITIS

## Symptoms

- Pain
- Stiffness
- Weakness
- Changes in the way the joint looks



## Anatomy/Cause

Base of thumb or Carpometacarpal Joint (CMCJ) arthritis is a common condition that affects the base of the thumb, causing pain, stiffness, and reduced hand function. Osteoarthritis (OA) involves the wearing down of cartilage, which is the tough but flexible tissue that covers the ends of our bones. Its purpose is to cushion the joints and allow the bones to glide smoothly. Base of thumb arthritis primarily results from the gradual deterioration of the joint at the base of the thumb, with additional risk factors including age, genetic disposition, and activities that involve the repetitive use of the thumbs.

## Treatment

Although there is no cure for OA, your therapist at Hand Works can work with you to manage your symptoms and prevent further joint degeneration through:

- Providing a splint or brace to protect the joint and reduce inflammation
- Guide you on appropriate exercises to strengthen surrounding muscles to help stabilise the joint
- Education on assistive aids/devices to help with daily activities and activity modifications.

## Referral

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Patient Name: \_\_\_\_\_

D.O.B: \_\_\_\_/\_\_\_\_/\_\_\_\_

Patient Mobile: \_\_\_\_\_

Therapy Requested:

\_\_\_\_\_

Medical Centre: \_\_\_\_\_

Provider Number: \_\_\_\_\_

## LOCATIONS

### MURDOCH

Suite 16, Level 1  
Wexford Medical Centre  
3 Barry Marshall Parade

### WEST PERTH

Level 1, 1 Havelock Street

### SOUTH PERTH

Suite 6, 77 South Terrace

### DUNCRAIG

3/64 Arnisdale Road

### MT LAWLEY

61 Walcott Street

### MANDURAH

271 Pinjarra Road

### ROCKINGHAM

24 Pedlar Circuit