

We specialize in :

- All Arthroscopic Shoulder/
Rotator Cuff Surgery
- Arthroscopic Surgery for
Recurrent Shoulder Dislocation
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(ACL Reconstruction and
Meniscal/Cartilage Repair)
- Partial Knee Resurfacing
- Minimally Invasive Hip and
Knee Replacement
- Arthritis and Fracture of the
Hand and Upper Extremity
- Carpal Tunnel Syndrome and
Trigger Fingers

Disclaimer

**This is guide is for informational purposes only and is not intended as a guide to self treatment. Seek the advice of a qualified physician before initiating any treatment on your own.*



Highland Center For Orthopaedics



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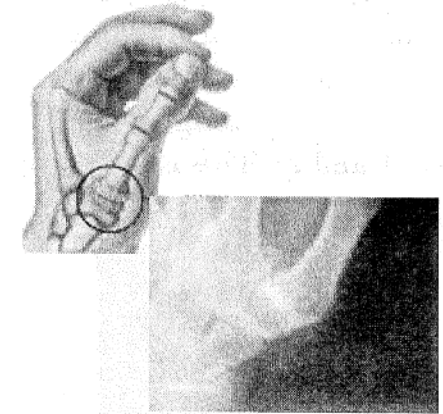
Website

www.highlandortho.com

Thumb (CMC) Basal Joint Arthritis

*Do you have Pain/weakness with
twisting caps off jars?*

You could have CMC Arthritis.



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Basal Joint Arthritis of the Thumb

Basal joint or CMC arthritis of the thumb is a degeneration of the cartilage of the joint at the base of the thumb and is more common in women over age 40.

It affects the joint at the base of the thumb which can become painful and weak when performing pinching/gripping activities such as twisting a cap off a jar or opening a door (Figures 1 and 2). This can progress to pain at rest.

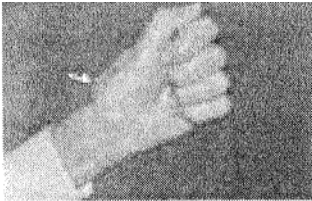


Figure 1 : Basal Joint pain with pinching activities.

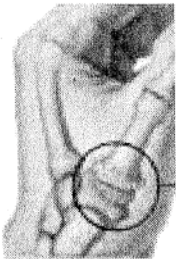


Figure 2: Arthritic Bones at the base of the thumb

Treatment

Non-operative treatment involves icing the joint, splinting and anti-inflammatory medication. Because arthritis is a progressive, degenerative disease, the condition may worsen over time. Further treatment involves a cortisone injection into the joint which can provide relief for several months.

For cases that don't respond to the above a 60 minute outpatient surgery called **CMC arthroplasty** can remove the arthritic bones and replace the degenerated joint with a tendon graft to restore pinch function and eliminate or greatly reduce the pain. The patient can use the hand for light activity within a few days of surgery in a cast. By two weeks most patients wear a plastic splint and begin hand therapy for strengthening. Near normal, painless pinch function/strength can be expected within 8 to 12 weeks of surgery.



Figure 3 : Arthritic bone removed and replaced by a tendon graft.



About the author:

Dr. Jurbala is a Fellowship Trained/[Board Certified Orthopaedic Surgeon](#) specializing in Hand and Upper Extremity Surgery, Arthroscopic and minimally invasive surgery of the Knee/Shoulder and [Joint Replacement](#). He holds privileges at Winter Haven Hospital and The Day Surgery Center in Winter Haven. Dr. Jurbala also served as President of the Polk County Medical Association for 2009 and is the President and founder of Highland Center for Orthopaedics.



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