



Arthritis and Hand Therapy

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What is Arthritis?

Cartilage over bone surfaces wears out

1) OSTEOARTHRITIS

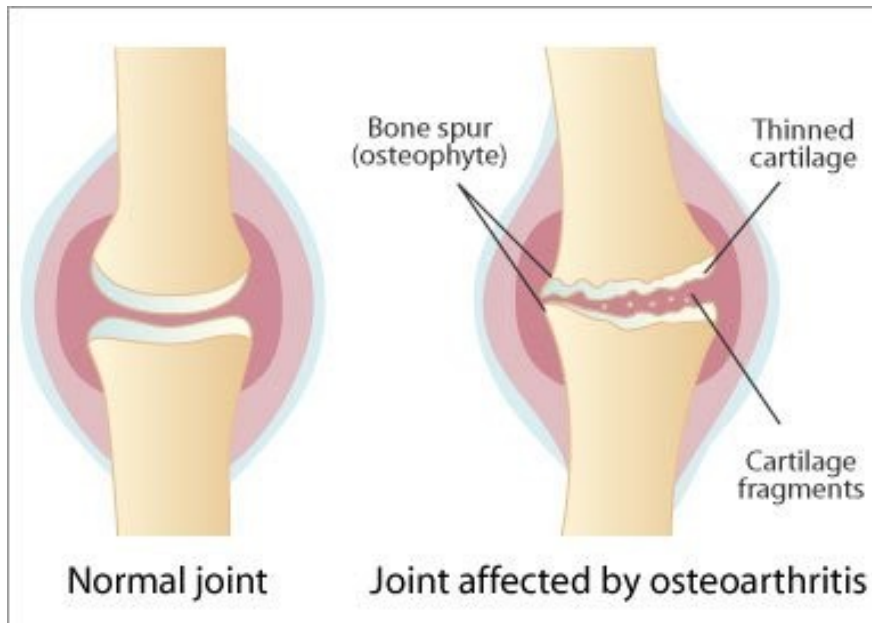
2) RHEUMATOID ARTHRITIS



Types of Arthritis

OSTEOARTHRITIS

- Degenerative (wear and tear)

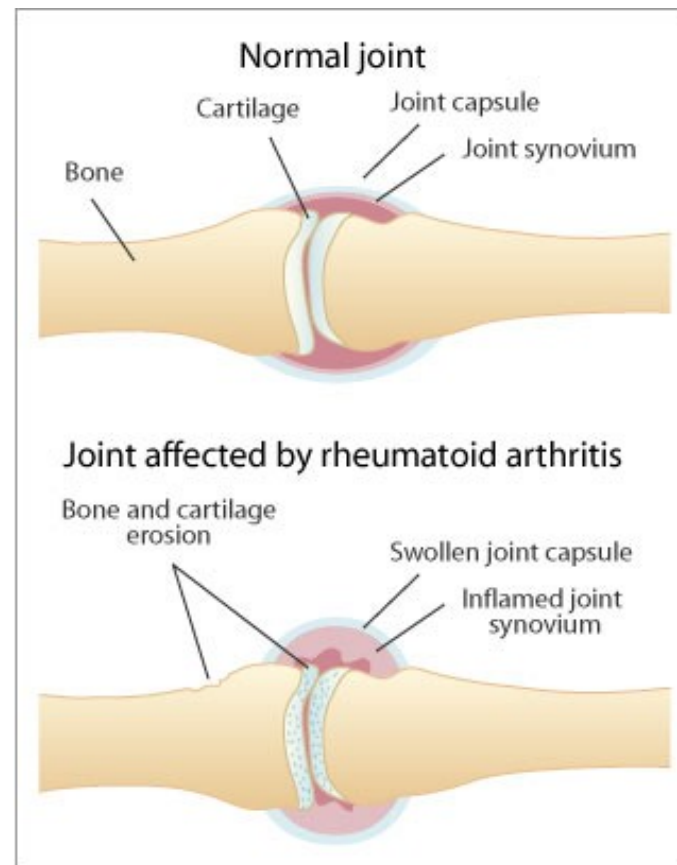




Types of Arthritis

RHEUMATOID ARTHRITIS

- Inflammatory



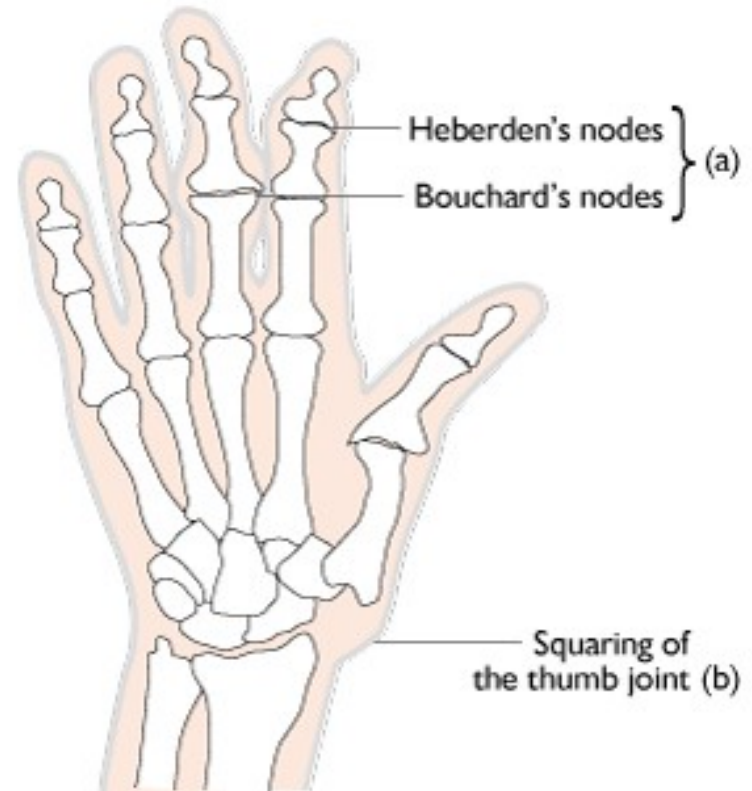


Osteoarthritis (OA)

27 joints in the hand

Locations:

- Base of the thumb
(CMC joint)
- End joint of the fingers
(DIP joint)
- Middle joint of the fingers
(PIP joint)
- Also develops at wrist





Signs and Symptoms of Base of thumb OA

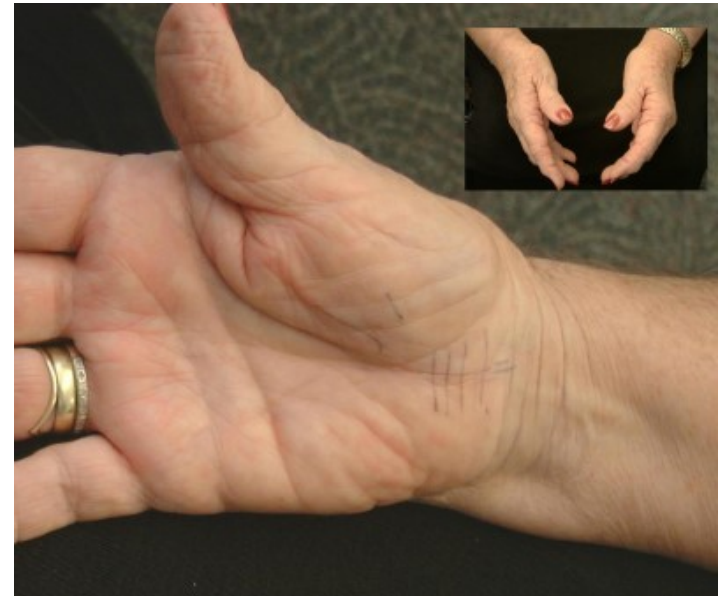
- Pain
- Stiffness
- Swelling
- Weak pinch and grip
- Poor function





Signs and Symptoms of Base thumb OA

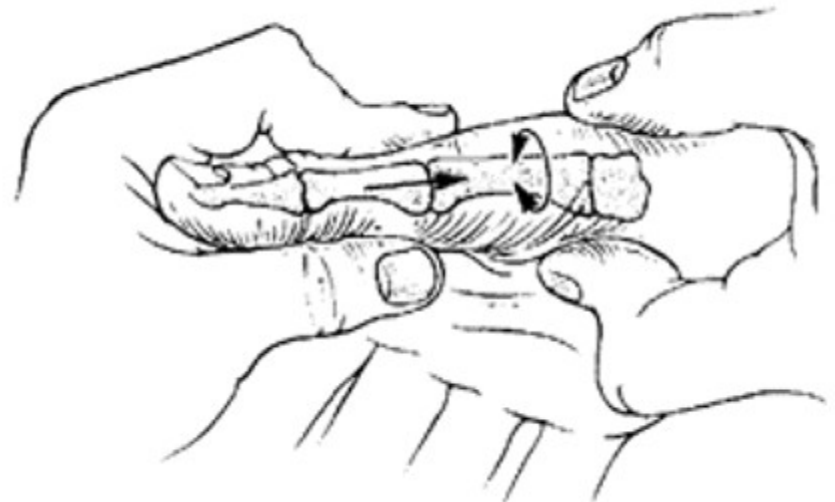
- “Squaring” of joint
- Deformity
(Z shape)
- Flatter “O” during
opposition (more
of a “D”)





Assessment of Base of thumb OA

- X-Rays
- Observation
- Clinical
assessment
(palpation and
grind test)





Treatment of Base of thumb OA

Conservative

- Splinting
- Education (joint protection)
- Heat (hot pack / wax baths)
- Gentle range of motion
- Steroid Injection





Treatment of Base of thumb OA

Splinting

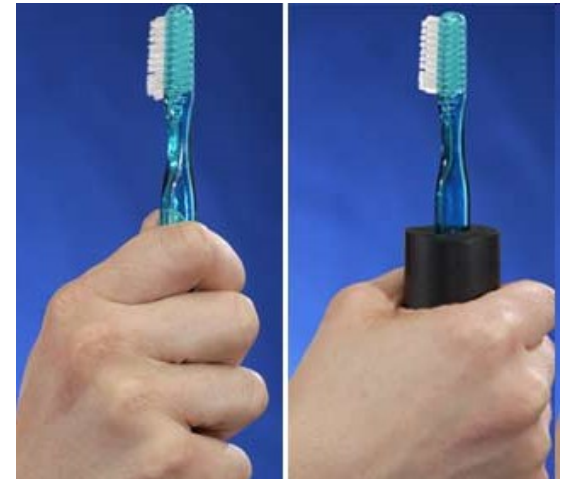
- Short opponens splint
- Maintains functional position (lessens deformity)
- Rest and Activity





Joint Protection Principles

- Rest
- Spread the strain
 - use more joints to do work
 - use larger joints to do work
- Avoid gripping narrow and small objects
- Avoid deforming positions (RA)
- Energy Conservation



Incorrect



Correct



Joint Protection Principles

Activity Of Daily Living (ADL) Devices



Incorrect



Correct

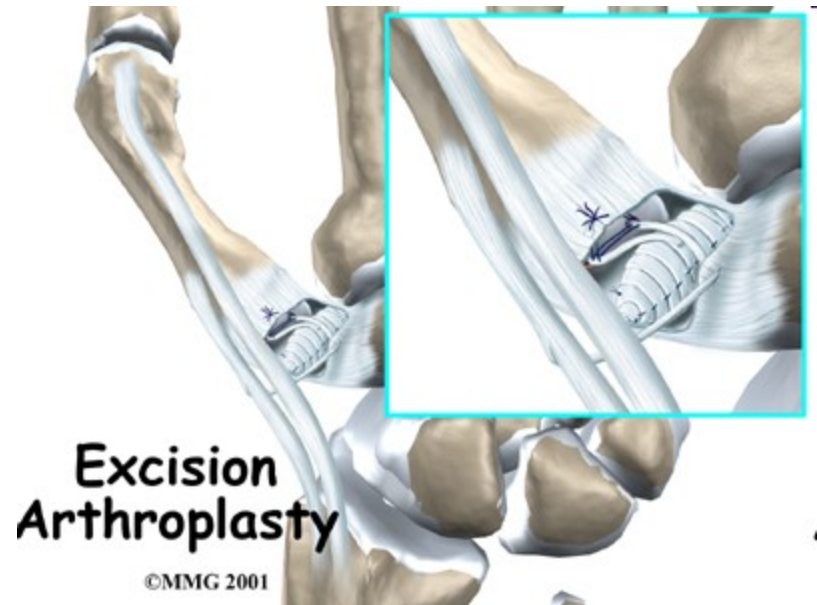




Treatment of Base of thumb OA

Surgery

- Trapeziectomy
(arthroplasty)
- Joint Replacement





Signs and Symptoms of Tip joint OA

- Pain and swelling at tip joints
- Enlargement and deformity
- Heberden's nodes (mucoid cysts)





Treatment of of Tip joint OA

Conservative

- Splinting
- Education (joint protection)
- Heat (hot packs / wax baths)
- Gentle range of motion





Other types of Osteoarthritis (OA)

Wrist OA (pain during wrist motion)

Management:

- As previously
- Splint (wrist brace)





Rheumatoid Arthritis (RA)

Locations:

- Multiple joints of the hand
- Primarily big knuckles (MCP joints) of the hand
- Associated with other conditions (ie. triggering and CTS)



Signs and Symptoms of RA

- Heat and swelling in joints
- Deformity
 - MCP joint ulnar drift
 - Z deformity of thumb
 - Swan neck
- Weak grip and pinch
- Poor function





Assessment of RA

- Blood tests
- X-Rays
- Clinical Assessment





Treatment of RA

Conservative

- Splinting
- Education (joint protection)
- Heat (hot packs / wax baths)
- Gentle range of motion





Treatment of RA

Splinting

- Antideformity Splints
 - “MUD” splint
- Night resting splints





How to attend for a Hand Therapy assessment?

Number of convenient locations across Melbourne:

- Box Hill
- Blackburn
- Mt Waverley
- Ringwood

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