

Treatment

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Non Surgical

- Analgesia
- NSAIDs
- Intra – articular injections
- Physio / Splints

Fingers

- Most effective for pain relief = fusion
- Problems with non union
- Function affected distal to proximal

Soft Tissue Procedures

- Cheilectomy
- Volar Plate Arthroplasty

Arthroplasty

- Relies on soft tissues
- ROM usually does not improve
- Good for pain relief
- Long term promising

Types

- Silastic – not good for high demand
- Metal – poly – metal
- Rotating platform
- Pyrocarbon

Thumb Base

• Options:

- Remove (Trapeziectomy +/- LRTI)
- Fuse (no STT involvement, accelerates OA at adjacent joints)
- Replace (Huge topic....)

Trapeziectomy

- Gold Standard, but not brilliant
- Weakness
- Long recovery
- LRTI vs pinning vs nothing
- ST & MC/MC not addressed

Fusion

- Different fixation types
- Non union & reoperation up to 40%
- Younger patients where grip needed

Arthroplasty

- Complex joint morphology & biomechanics
- Main problem is soft tissue
- Constraints do not work
- ?spacers



Wrist

- Wrist fusion best
- Better tolerated than believed
- Non union – need meticulous preparation
- Tendon problems
- 3rd CMCJ or not?

Wrist Arthroplasty

- Developing field
- Concepts around replicating normal movements
- 1 articulation to replace 2
- Traditionally not for OA, but recent results promising



DRUG

- Excision
- Problem with instability & impingement
- Good for Rheumatoid



Arthroplasty

- Hemi: – consider bearing surface
- Total – needs to be constrained





