

**Cycle 1 – Hand and Wrist  
2106 - CMC Wrist Arthritis  
SCRIPT**

**(1)**

**NEIL HARNESS, MD:**

CMC arthritis is a degenerative arthritis of the base of the thumb that causes pain with different activities, such as taking a top off of a jar or a top off of a water bottle. These activities will bring on aching pain that eventually can lead to weakness and dysfunction in the hand.

**(2)**

**EMIL DIONYSIAN, MD:**

That joint is the most commonly affected joint for arthritis in the hand because it has the most range of motion. And the thumb alone has to oppose all the fingers. So it's a lot of pressure on that joint and that's one of the reasons that thumb arthritis is a very common problem.

**(3)**

**EMIL DIONYSIAN, MD:**

If the pain is on the thumb side of the wrist, or the hand, and you have pain when you try to reach across, that's a tell-tale sign of arthritis at the basal joint. And the other problem is if you have pain when you pinch, that also could be. The other thing is people with thumb arthritis tend to be women, middle-aged between 40 to 60. And also they have a history. They frequently patients tell me, "Oh, my mom has the same problem. My aunt has the same problem." So it tends to run in the families.

**(4)**

**EMIL DIONYSIAN, MD:**

When you have pain on the thumb side of the hand, and it hasn't gone away after your own attempt to improve it by resting it or taking anti-inflammatory medication like ibuprofen, then it's time to have a visit with your doctor because one x-ray simply will determine whether you have arthritis or not.

**(5)**

**NEIL HARNESS, MD:**

Some patients require anti-inflammatory medications or a brace. Others can be treated with a steroid injection. And eventually some need surgical reconstruction of the base of the thumb.

**(6)**

**EMIL DIONYSIAN, MD:**

If there is an activity you do, it can be modified or have a special spin put on to rest the joint, that can decrease the chance of leading into a full-blown arthritis.

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