

**Cycle 1 – Hand and Wrist  
2107 - Wrist Arthritis  
SCRIPT**

**(1)**

**SARAH LEWIS, MD:**

For most people when they hear, "arthritis," it's osteoarthritis, it's the arthritis that you didn't do anything to cause it. It just comes on, maybe it's genetic, maybe it's not. Other people can have an arthritis that's an inflammatory arthritis and other people can have arthritis from trauma, but the general arthritis is an osteoarthritis.

**(2)**

**EMIL DIONYSIAN, MD:**

The origin of the arthritis, especially the osteoarthritis, is not really clearly known even to the medical community or any other community. However, what we see the effects of arthritis is the loss of joint space. In other words, the cartilage wears out.

**(3)**

**SARAH LEWIS, MD:**

So people come in with wrist pain. They tell me, "Every time I grab something and turn, it hurts." Or, "Every time I'm turning the lid on a jar, it hurts." And what I do is just explain to them that we can augment some of those motions either with bracing or just general knowledge of what might make it worse.

**(4)**

**SARAH LEWIS, MD:**

The next step is if the pain is too great, we can start talking about bracing, we can talk about anti-inflammatory medication. The step after that for most of the different areas where you get is arthritis is a steroid injection. And if that doesn't help to relieve it, we start talking about surgery. The goal of surgery is pain relief. So the trade-off with surgery is gonna be a loss of motion, or a loss of strength, or both.

**(5)**

**EMIL DIONYSIAN, MD:**

If you have any major joint pain like elbow arthritis or elbow pain or wrist pain, don't ignore it. It's just the body's way of trying to get your attention.

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