



Basilar thumb arthritis

What is basilar thumb arthritis?

Basilar thumb arthritis is an arthritic condition at the base of the thumb. This is also called the 1st CMC (Carpal Metacarpal) joint. This results in cartilage degeneration. Most patients have pain with pinching, gripping, and twisting activities. It is common to have swelling and stiffness at the area. Arthritis is a progressive condition and will likely get worse over time. It is most common in people > 40 years old, and in women > men.



What causes basilar thumb arthritis?

Basilar thumb arthritis can be triggered from: 1) trauma, like an old injury or fracture, 2) repeated, overuse activities of the thumb, or 3) genetic.



How is basilar thumb arthritis treated?

- Topical Diclofenac (Voltaren) gel or oral NSAIDs (ie: Ibuprofen, Aleve, etc)
- Thumb spica splint – w/ high-risk activities
- Injections – Cortisone & Visco-supplementation (ie: Durolane, Synvisc, Supartz)
- Experimental injection – Prolotherapy, Platelet Rich Plasma (PRP), Stem Cells
- Surgery – fusion vs “Ligament Reconstruction and Tendon Interposition” (LRTI)