

BASAL JOINT ARTHRITIS

 Do You Experience...

- Sharp pain at the base of your thumb close to your wrist?
- Do you have weakness when trying to pinch to twist off lids or holding on to an ink pen?
- Does the pain stop you from using your hand and even sleeping at night?

If so, you could be suffering from

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When you stop to think about how much you use your thumbs, it's easy to see why the joint where the thumb attaches to the hand can suffer from wear and tear. This joint is designed to give the thumb its rather large range of motion, but the tradeoff is that the joint suffers a lot of stress over the years. This can lead to painful osteoarthritis of this joint that may require surgical treatment as the arthritis progresses.

You may benefit from Hand Therapy with a certified hand therapist focusing on splinting to help immobilize the painful joint and prevent further damage, exercises to help balance muscle forces around the joint, stretches to help improve tightness, joint protection techniques to help reduce strain to the irritated joint.

If you have hand pain that won't go away, schedule an appointment with one of the surgeons at the Hand Center of Southwestern Ohio.

The Hand Center of Southwestern Ohio
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