CMCJ Arthritis of the Thumb
Anatomy

• Beak ligament
Biomechanics

- Increased mobility
- Flexion/extension 53
- Abduction/Adduction 42
- Rotation 17
- Stabilizers
Biomechanics

- Load palmar surfaces
- Dorsal surfaces less so
- 1kg at finger tips
- 12-120kg at CMCJ
Presentation

• Pain
• Pain
• Pain
• Pain and
• Pain
• Women
• Trauma

• Associations
• Carpal Tunnel syndrome
• Trigger finger
• De Quervains
Pathophysiology

- Attrition of beak ligament
- Palmar subluxation of metacarpal
- Nb symptoms vs radiographic
Staging

• Eaton & Glickel 1987

• Stage I - IV
Stage I

- Absent
Stage II

- < 2mm
Stage III

- > 2mm
Stage IV

- Pantrapezial
Differential Diagnoses

• De Quervains
• STT arthritis
STT Arthritis
Management

• Non-operative

• Operative
Operative

• Osteotomy

• Soft Tissue Reconstruction
Operative

- Trapeziectomy
- Trapeziectomy + soft tissue reconstruction
Operative Approaches

- Dorsal
- Volar
• Davis & Pace 2009
• Trapeziectomy vs Trapeziectomy + soft tissue reconstruction
• Randomised prospective study
• 60-70 patients each arm
• No difference in all clinical outcome measures
Operative

- Arthrodesis
Operative

- Arthroplasty
- Interpositional
- Hemiarthroplasty
- Total joint replacement