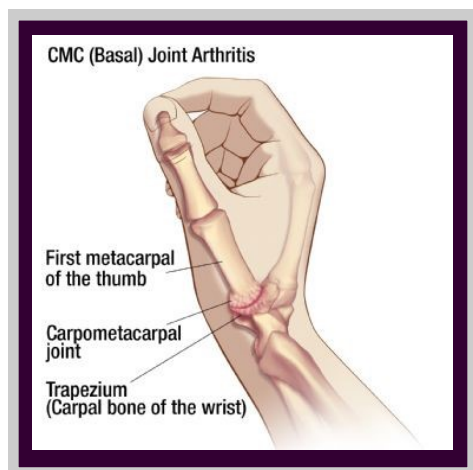


Carpometacarpal (CMC) Arthritis

From the desk of: **Rudy Reish-Mitchell, PT, MPT, Hand/Wrist/Elbow/Shoulder Specialist**



What is arthritis?

Arthritis occurs when the cartilage – the flexible tissue that covers and protects the joints - wears out. Without this cushioning, the bones in the joint grind together which wears the joint down.

Carpometacarpal (CMC) joint arthritis is arthritis at the base of your thumb, where your thumb and wrist meet. As the cartilage wears down, the ends of the bones rub together causing pain and making it difficult to use your thumb.

The CMC joint is the most common place in the hand for arthritis. It is named for the bones that make up the base joint of the thumb – the carpal (wrist) bone and the metacarpal bone of the thumb. CMC joint arthritis can be mild or it can progress over time.

Symptoms of CMC Arthritis

Symptoms of CMC arthritis include pain when pinching or gripping small objects, pain or tenderness when you press on the joint, and/or decreased range of motion of the thumb (where it meets the wrist).

What can Physical Therapy do?

Physical therapy can provide a wide array of pain-relieving and strengthening methods, such as:

- 1) Use of splints to provide support and position the joint appropriately to decrease stress. Splints also help a person continue their activities without exacerbating (worsening) their symptoms.
- 2) Application of heat, a paraffin bath, or soaking in warm water can also help to decrease symptoms of pain and allow increased range of motion.
- 3) Gentle strengthening of the hand, wrist, and forearm can help provide increased support.

A few additional notes...

Frequent rest breaks are encouraged when performing activities that include a lot of gripping.

Sometimes surgery is necessary and is usually successful in allowing a person to return to the activities that they enjoy.

If you have any additional questions or concerns about CMC arthritis and the possible benefits of physical therapy for treatment of the condition, please contact myself or your Physician! I am a hand and wrist specialist - with over 12 years of experience for these conditions and knowledge about splinting - and would be happy to speak with you.



Example of a splint for CMC arthritis.

Quote of the month:

“People take different roads seeking fulfillment and happiness. Just because they’re not on your road doesn’t mean they’ve gotten lost.”

- Dalai Lama



Did you know?

- Factors that increase your risk of CMC arthritis include being a female, age above 40 years, obesity, and injuries to your thumb joint.
- Diagnosing CMC arthritis is usually performed via a physical exam and/or X-rays.



~ Recipe of the Month ~

Ingredients:

- Cooking-oil spray
- 1 cup regular rolled oats
- 1/3 cup oat bran
- 3 T flaxseed
- 1 cup whole-wheat flour
- 1/2 t baking powder
- 1/2 t salt
- 1/2 cup roasted salted cashews, chopped
- 1 cup dried mission figs, chopped
- 3/4 cup cashew butter
- 1/4 cup milk
- 1 large egg
- 1/2 cup honey
- Zest of 1 lemon
- 1 T lemon juice

How to prepare:

- Line a 9x13 inch pan with plastic wrap, leaving an overhang on the 9-inch sides, and coat with cooking-oil spray. In a large bowl, stir together oats, oat bran, flaxseed, flour, baking powder, salt, cashews, and figs until well blended.
- In the bowl of a stand mixer, beat together cashew butter, milk, egg, honey, lemon zest, and lemon juice until well blended.
- Add flour mixture to cashew butter mixture, and beat until completely blended. Scrape dough into pan, and with wet fingers or a rubber spatula, pat to fill pan completely and evenly. Chill dough until firm (about 30 minutes).
- Preheat oven to 300 degrees F. Invert pan onto a work surface, lift off pan, and peel off plastic. Using a knife, cut straight down lengthwise through the middle, then crosswise to make 16 bars, each 1 and 1/2 inch wide. Place bars about 1 inch apart on a baking sheet lined with parchment paper.
- Bake bars until lightly browned and somewhat firm to touch (about 20 minutes). Remove from oven and let cool completely.



Cashew Go-Bars

Credit to: <http://www.popsugar.com/food/Easy-Energy-Bar-Recipe-Camping-34924174>

Yield: 16 bars. Bars will keep up to 2 weeks.

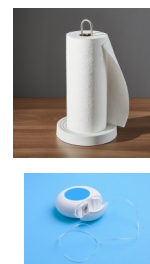


Announcing our 6th Annual ~ Hygiene Drive ~ for Active Faith South Lyon!

All donations are much appreciated and will be given to the local Active Faith. Donations can include but are not limited to:



- | | |
|------------------|----------------|
| • Toothbrush(es) | • Floss |
| • Toothpaste | • Toilet Paper |
| • Shampoo | • Paper Towel |
| • Conditioner | • Brush(es) |
| • Soap | • Comb(s) |
| • Mouthwash | • Deodorant |
| • Razors | • Floss |



For the safety of our recipients, we are only able to accept new and packaged hygiene items. We will be accepting new items through May 2018. Thank you for helping to better local community!

Brostrom Physical Therapy

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