

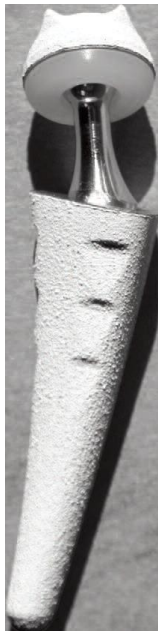
Thumb CMC Joint Replacement

Introduction:

Any condition that produces pain at the trapeziometacarpal joint will significantly impair hand function. The principal aim of surgery for the CMC joint is to obtain a stable yet movable and painless thumb.

Traoeziometacarpal arthritis is a common condition that may cause debilitating pain and adduction deformity of the thumb resulting in significant difficulty with activities of daily living (ADL).

Total joint replacement has been a treatment option for many years but the range of prosthetics has expanded quickly in recent years. The Maia prosthesis is a non-cemented ball and socket total joint prosthesis.



A small fragment of the bone of the 1st metacarpal is excised and the trapezium is reamed to accept the implant.

Treatment

Immediate Post-Operative Care

- Immobilised dressings and backslab
- Advised re elevation
- Fingers free to mobilize
- AROM shoulder and elbow

1st Clinic Follow-Up 2-3 Weeks

- Removal of dressings , backslab and sutures
- Application of removable cloth/thermoplastic thumb splint (MCP joint included) Splint wear to be maintained for 6 weeks removing only to exercise.
- Commence AROM of the thumb – as pain allows
- Oedema, scar and pain management

6 Weeks – 12 Weeks

- Commence weaning from splintage, as pain allows
- Continued AROM
- Commence strengthening exercises
- Continued oedema, scar and pain management as necessary
- Commence light functional use

12 Weeks

Full functional use/activity

Complications:

- Prosthesis dislocation
- Prosthesis loosening
- Trapezium/metacarpal fracture
- CRPS
- De Quervains Tenosynovitis

Outcomes:

- VAS, Pain
- Thumb Opposition – Kapandji
- Power Grip
- Pinch Grip
- Brief Michigan Hand Outcomes and Questionnaire
- Patient Specific Functional Scale

References:

Alkar F, Teissier (2012) Maia, Trapezio – Metacarpal Joint Prothesis for Basal Joint Arthritis

National Institute for Clinical Excellence - Interventional Procedures Advisory Committee, Interventional Procedures Overview of Artificial Trapeziometacarpal Joint Replacement for Osteoarthritis.

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