

# The Effectiveness of Physical Treatment in Individuals with Osteoarthritis of the Base of the Thumb

Kyle T. Piolo\*

Department of Health Science, University of Nigeria, Nigeria

## ABSTRACT

Osteoarthritis of the thumb is the most common type of arthritis in the hands. Osteoarthritis is caused by the degradation of joint cartilage and the underlying bone. The basal joint, which joins the fleshy area of the thumb to the wrist, might be affected. Osteoarthritis is caused by the degradation of joint cartilage and the underlying bone. The basal joint, which joins the fleshy area of the thumb to the wrist, might be affected. This joint allows you to pinch, pivot, and swivel your thumb for hundreds of different jobs every day. In people with thumb arthritis, the cushion-like cartilage inside the joint wears down over time. As a result, the bone rubs against the bone. Because the thumb is used so frequently throughout the day, the symptoms of thumb arthritis can be debilitating. Grip strength, range of motion, edoema, and pain throughout the hand may all be compromised.

**Keywords:** Osteoarthritis; Arthritis; Cardiovascular Exercise

## INTRODUCTION

Arthritis is a disease that affects any joint in the body, including the 29 bones that make up the wrist, hand, and fingers. Hand arthritis can be excruciatingly painful and hinder you from doing what you want or need. The most common types of arthritis in the hand are osteoarthritis, post-traumatic arthritis (after an accident), and rheumatoid arthritis. Osteoarthritis is a degenerative joint disease in which the smooth cartilage that covers the bone surfaces at joints wears away or is damaged over time. A normal joint consists of two smooth, cartilage-covered bone surfaces that fit well enough to allow the bones to glide when they move. Arthritis develops when the smooth surfaces become worn and no longer fit together. Injury, infection, gout, psoriasis, and other conditions can all lead to hand arthritis. The trapeziometacarpal or basilar joint, where the thumb and wrist connect (the trapeziometacarpal or basilar joint), discomfort at the distal interphalangeal or DIP joint, and pain at the middle joint of a finger are all symptoms [1]. Hand arthritis is characterised by stiffness, edoema, discomfort, and deformity. Osteoarthritis can cause bony nodules in the middle or end of the finger. Osteoarthritis of the basilar joint can cause swelling, a lump, and a deep, throbbing aching near the base of the thumb. A lack of grip and pinch might make it difficult to open a jar or turn a key for those with osteoarthritis. Treatment for osteoarthritis aims to relieve pain and restore function. A little pause, whether in the form of a change of activities or the application of a splint, can be beneficial. Soft, tight sleeves can help support a joint when hard splints are too restrictive. Heat (such as paraffin wax

and warm compresses) can aid in pain relief and joint flexibility. It's vital to keep as much finger motion and function as feasible. Hand therapists can teach joint protection exercises and activity adjustment to help protect joints [2]. Anti-inflammatory medicines and steroid injections into the joint can aid with pain relief, but neither of these treatments can cure osteoarthritis. Surgery may be considered if the non-surgical options indicated above have failed. You'll generally inform your doctor when you're ready for surgery. The goal is to help you regain as much function as possible while simultaneously lowering your pain levels. One type of surgery is joint fusion. The worn cartilage is removed, and the bones on each side of the joint are fused together, resulting in an immobile but pain-free joint. Joint reconstruction, which entails removing the rough joint surface and replacing it with your own soft tissue or an implant, is another possibility. The injured joint(s), anatomy, and activity all influence the type of surgery required. A hand surgeon can help you figure out which type of surgery is ideal for your situation. For a few weeks or longer, physical therapy sessions are normally scheduled one to three times each week. Individuals can then continue their physical therapy on their own at home. Low-impact aerobic exercises that are easy on the joints include walking, bicycling, swimming, and using an elliptical machine [3]. Work your way up to 150 minutes of very severe cardiovascular exercise per week, and split it up into 10-minute chunks if it's easier on the joints. Physical therapy can help reduce knee osteoarthritis pain, stiffness, and edoema, as well as enhance knee joint function. The movements of walking, bending, kneeling, crouching, and sitting will be simplified. Hand exercises may be suggested by a physical therapist. These exercises can assist arthritic

\*Correspondence to: Piolo KT, Department of Health Science, University of Nigeria, Nsukka, Nigeria, E-mail: kyle.piolo@un.edu

Received: Nov 04, 2021, Accepted: Nov 18, 2021, Published: Nov 30, 2021

Citation: Piolo KT (2021) The Effectiveness of Physical Treatment in Individuals with Osteoarthritis of the Base of the Thumb. J Yoga Phys Ther. S8:003. DOI:10.35248/2157-7595.21. S8:003

Copyright: © 2021 Piolo KT. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

patients improve their range of motion and alleviate their pain. The basic practise of a thumb stretch is to try to touch the tip of your thumb to the pinky finger slightly below it [4].

## CONCLUSION

Many doctors and experts encourage low-impact exercise, such as utilising an elliptical machine or swimming, because it is easier on the joints. "These activities will maintain or even improve your mobility while lowering the chance of further harm." Physical therapy can help patients with osteoporosis improve their bone health, reduce the loss of bone density, and avoid breaking or fracturing bones. Patients can learn specific strategies and exercises from physical therapists to assist them improve their balance and reduce their risk of falling.

## REFERENCES

1. Delcambre B, Bera-Louville A, Guyot-Drouot MH. Arthrose des doigts et rhizarthrose. *Rev Rhum* 2001;68: 339–347.
2. Gabay O, Gabay C. Hand osteoarthritis: new insights. *Joint Bone Spine* 2013;80:130–134.
3. Ahern M, Skyllas J, Wajon A. The effectiveness of physical therapies for patients with base of thumb osteoarthritis: systematic review and Meta-analysis. *Musculoskelet Sci Pract* 2018;35: 46–54.
4. Moyer RF, Ratneswaran A, Beier F. Osteoarthritis year in review 2014: mechanics - basic and clinical studies in osteoarthritis. *Osteoarthritis Cartilage* 2014;22:1989–2002.