

Thu, 10 Feb 2011

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## Basilar Joint Arthritis Treatment Options

Our thumbs have been credited with separating man from beast and allow us to accomplish many daily activities, such as unscrewing lids from jars, typing, chopping vegetables, or grasping a pen. Unfortunately, those who suffer from Basilar joint arthritis, the most common arthritic condition of the hand, lose the ability to perform necessary daily tasks. When the cartilage that protects your bone joints wears away, bone rubs against bone and inflammation occurs. Symptoms include a painful aching at the base of the thumb as well as limited ability to pinch the thumb and index finger together. Several factors can contribute to this painful thumb condition, including being overweight, the natural aging process, or repetitive use of your thumb. Women in their 40s and 50s are most commonly affected, but both genders can suffer from the condition. If you experience pain, swelling, or stiffness at the base of your thumb, it is best to seek advice from a qualified physician.

Depending on the severity of the case, several basilar joint arthritis treatments can be used to manage the pain and treat the condition. For less severe cases, treatment often involves using a splint to support the joint, ensure proper positioning, and let the joint rest so that it can heal. Oral anti-inflammatory medication such as Ibuprofen or painkillers such as Tylenol are also often prescribed in mild cases. If splints and over the counter (OTC) medications don't work, anti-inflammatory steroid injections may be recommended.

Unfortunately, thumb basilar joint arthritis is a degenerative and progressive disease, which means that it will get worse with age. In Los Angeles hand surgeons

often resort to one of two types of surgery: arthroplasty, also known as joint replacement, or arthrodesis, commonly referred to as joint fusion. If opting for

finger surgery Los

Angeles experts will either permanently fuse the bones together, which reduces pain but results in decreased flexibility, or your surgeon will remove the joint and replace it with a graft from one of your tendons. Many patients report that replacing the joint with a graft relieves pain and results in greater, if not fully restored, flexibility of the joint.

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## Finding Help for Wrist and Hand Injuries Los Angeles

Many people don't realize how much they need their hands and wrists until they injure them and are unable to use them. There a number of ways hands and wrists can become injured. Sometimes it happens quickly through an accident or an altercation with another person. Other times it happens gradually as in the case of degenerative diseases like arthritis or overuse that leads to carpal tunnel. In any case, when it comes to getting help with your

hand injuries Los Angeles

residents have several options available to them. Here is how to find help in Los Angeles or LA County for your wrist and hand.

The first person you want to talk to is your doctor. You need to know exactly what the problem is in order to figure out what your next step should be. They can diagnose what is causing the problems you are having with your wrist or hand and make recommendations. For example, if you have carpal tunnel then the doctor may advise you to get surgery to alleviate the pain. You could then schedule an appointment with a

wrist surgery Los Angeles  
specialist who can give you more information about the  
procedure and recovery time.

If you don't have a doctor or want to find your

Los Angeles hand injuries  
doctor, then there are a couple of ways you can do that.  
The first would be to ask people in your social network who have  
had hand or wrist injuries who they would recommend. This way, you  
can get firsthand reviews about the doctor and how well the  
treatment worked. Another way would be to do a search online for  
doctors who specialize in the kind of care you need. For example,  
if you need someone to help you with your elbow, you would simply  
do a search for

elbow surgery Los Angeles  
on a popular search engine and you should be presented  
with a list of doctors in your local area.

Lastly, people who have surgery typically need physical  
therapy to assist in the healing process. Ask your surgeon for a  
recommendation. You will typically be in physical therapy for  
several weeks to a few months so make sure their office is  
accessible to you. Before signing up for a program, check with your  
insurance company to how they will pay for the physical therapy.  
You don't want to get any surprises when the bill arises. When you  
need help with your hands and wrists, use all of the resources  
available to you to find a doctor you can trust.

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