

*my diagnosis*

## ARTHRITIS OF THE HAND AND WRIST

*Understand your condition.  
Know your next steps.*

### ***What is Arthritis of the hand and wrist?***

In a healthy joint, flexible connective tissue called cartilage coats the end of the bones and a thick liquid lubricates it. This allows for smooth, normal movement. In the arthritic joint, the cartilage has worn away and the joint surface has become rough and irregular. This prevents the joint from moving correctly. As the cartilage wears down, bone-on-bone rubbing occurs. This results in further damage, increased pain, and bone spurs.

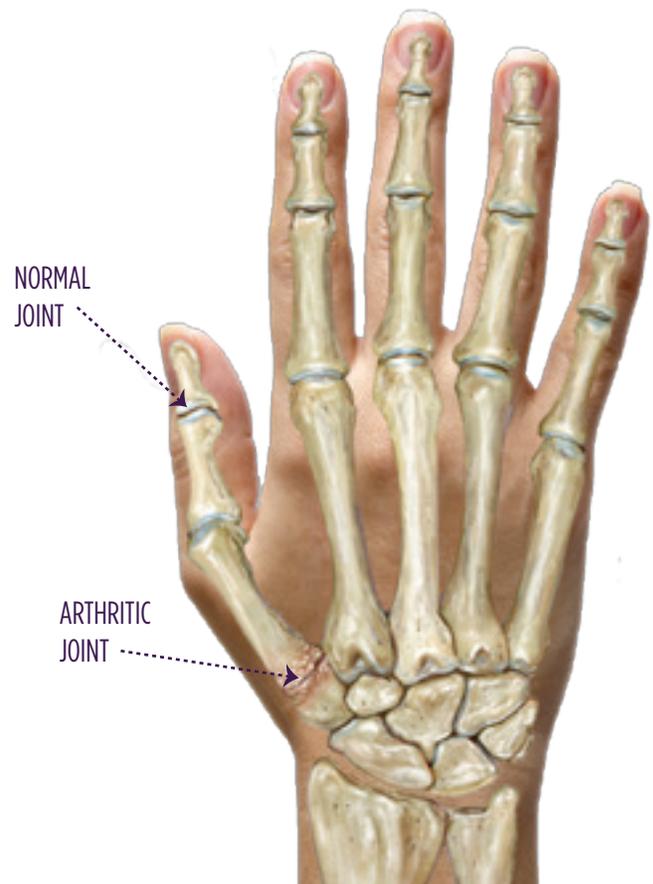
Arthritis can occur in any of the joints of the hand and wrist, but is most often seen in the fingers and at the base of the thumb. It can be caused by many factors, including prior injury, genetics, and some diseases such as rheumatoid arthritis.

### ***What are the symptoms?***

- >> Pain (when severe, pain can wake you at night)
- >> Swelling
- >> Clicking or grinding sensation
- >> Decreased ability to move the joint
- >> Less pinch and grip strength

### ***How does my specialist diagnose it?***

Arthritis was diagnosed by an X-ray and physical examination of your hand.



For expert advice on how to stay healthy and active, visit [summitortho.com](http://summitortho.com).



APPOINTMENTS (651) 968-5201

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## ***What are the treatment options? What does my specialist recommend?***

Your hand specialist has developed a treatment plan based on your specific situation. His or her recommendation for you has been selected from the treatment options below.

TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/> ACTIVITY MODIFICATION	Some arthritis symptoms can be relieved by avoiding activities that tend to make your symptoms worse.	Contact the patient coordinator if symptoms do not improve: (651) 968-5201
<input type="checkbox"/> ANTI-INFLAMMATORY MEDICATION	Over-the-counter medications such as Aleve, Advil, Motrin, and Bayer aspirin can be used to help reduce swelling and pain.	Pick up medication, and start regularly taking it as your specialist recommends.
<input type="checkbox"/> HAND THERAPY	Hand therapists treat conditions with a variety of techniques and provide home exercise programs.	Set up therapy appointment with the patient coordinator: (651) 968-5201
<input type="checkbox"/> BRACING	A custom splint or brace can provide support for the hand.	Set up bracing appointment with the patient coordinator: (651) 968-5201
<input type="checkbox"/> INJECTION	A cost-effective alternative to surgery. In the physician's office, a medication is injected directly into the inflamed joint.	Set up injection appointment with the patient coordinator: (651) 968-5201
<input type="checkbox"/> SURGERY	Common surgical procedures include joint reconstruction, bone fusion, or realignment. The type of procedure performed will be based upon the degree and location of your arthritis.	Set up surgery appointment with the patient coordinator: (651) 968-5201

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