



Hand Therapy Specialists Announcement

Hand Therapy Specialists and Dr. Edward Coale, orthopedic surgeon, received The Petzoldt Award for research excellence. The paper was presented at the American Society of Hand Therapists (ASHT) annual meeting, October of 2008.

Functional Outcomes of Individuals with Carpometacarpal Arthritis Following Surgery

Arthritis of the basal joint of the thumb is a common ailment of the hand causing pain, stiffness and limited use. When conservative treatment (injections, splinting) fails, surgery (LRTI) may be offered as an alternative. All patients in our study underwent ligament reconstruction tendon interposition (LRTI) for the CMC joint using the entire flexor carpi radialis tendon. Fifty-three patients were studied prospectively with thumb CMC osteoarthritis from 2002-2007. Assessments were made pre-operatively, at 3 months, 9 months, and 18 months post-operatively. The Results:

- At 3 months post-op, coinciding with discharge from formal therapy, the patients reported improvement in their overall function as evidenced by a highly significant DASH score ($p < .0001$).
- Even though they are reported improved function at 3 months, it was not until 9 months post-op do that they reached their pre-op measurements in wrist and thumb ROM, grip, palmar and lateral pinch strength.
- Also at 9 months they continued to report improved function, and wrist strength was comparable to pre-op levels, despite using the entire FCR.
- At 18 months grip and palmar pinch were stronger than pre-op levels.
- And at 18 months they are continued to report highly statistically significant functional improvements!

Hand Therapy Specialists is a locally owned business with offices in NW & East Portland, Hillsboro and Vancouver. Our goal is to provide the best specialized care for individuals requiring therapy for the upper extremity.

Knowledge is Power. Francis Bacon