

Thumb CMC Arthritis

This common condition can significantly benefit from early treatment and splinting. Learn how to evaluate thumb function and the types of splints/exercise can be the most beneficial. Participants will be making a splint.

Objectives:

- 1) Learn how to recognize structural issues affecting functional thumb/hand use and ways to evaluate the thumb.
- 2) Learn the different types of splints for CMC arthritis and **fabricate a splint.**
- 3) Learn important patient education principals and exercise to include in a comprehensive treatment plan for CMC arthritis.