Supported by **NHS**

Carpometacapal Joint Pain

Start here

GP Assessment:

- · History of condition
- · Location of pain
- Severity and longevity of symptoms
- Limitation to function
- Deformity

Examination: Grind test and active range of movement of the CMCJ and thumb opposition

Complete outcome measure:

PROMIS: Pain Interference Short form 8a: Complete and document score on referral/ patient notes

Negative Grind Test

Reconsider diagnosis

Differential diagnosis:

De Quervains/Trauma

Positive Grind Test

Other indicatons:

- Moderate to severe pain
- Deformity of thumb adduction with MCPJ hyperextention
- Function and daily activities affected

GP to send for X-ray

Conservative management

Issue SHT 'Management of CMCJ Osteoarthritis' booklet.

This provides information on:

- Strengthening exercises
- Joint protection
- Assistive devices
- Splinting
- Pain relief

GP to offer steroid injection if appropriate, whilst patient is using conservative management

Failure of conservative treatment after 3-6 months

Refer to Sheffield Hand Centre