

Thumb CMC Arthroplasty - Thumb Joint Reconstruction

The thumb joint at the base of the thumb is the most mobile in the hand. The thumb can move up and down, in and out, and rotate slightly to touch the fingers. We move our thumbs hundreds of times each day. The thumb works as a grip when we use a hammer or hold a glass. The thumb also acts as a stabilizer to allow the fingers to manipulate items. We use such precision movements for counting coins and handwriting. Over time, all of the movement and pressure at the thumb joint can cause “wear and tear.” This can result in joint deterioration and arthritis for some individuals. When symptoms cannot be relieved by non-surgical methods, joint reconstructive surgery, called **Arthroplasty**, may be appropriate.