

**MIKE FOSTER**  
**Hand Wrist and Elbow**  
**Suspension Arthroplasty**  
**(Trapezectomy with LRTI (Ligament Reconstruction and Tendon**  
**Interposition))**

**Problem**

- Pain at the base of the thumb

**Cause**

- Osteoarthritis at the CMC (carpometacarpal) joint.

**Diagnosis**

- Pain at the base of the thumb
- Weakness with key and pinch grip, difficulty opening jars, and turning keys.
- "Shouldering" deformity at the base of the thumb
- Positive grind test on moving thumb
- X-rays confirm the osteoarthritis.

**Treatment**

- Non Op  
NSAIDS, splints, steroid injections.
- Operative  
Early – Corrective Osteotomy. Realigns the bone and unloads the joint.  
  
Late – Trapezectomy with LRTJ  
GA  
Day Surgery or one night stay  
Trapezectomy, remove the arthritic bone  
LRTJ, stabilize the thumb using spare local tendon

**Potential Complications**

- Infection, Haematoma, and Stiffness
- Numbness over base of thumb
- Migration of the thumb metacarpal

**Post Op Care**

- Plaster for 2 weeks
- Review at 2 weeks and into splint for further 4 weeks
- Start movement at 4 weeks
- Clinical review at 2 weeks, 6 weeks and 3 months
- Hand therapy for 3 months
- Takes about 3 months to recover from the operation