

MIKE FOSTER
Hand Wrist and Elbow Surgeon
Protocol
Thumb/MCP Joint Fusion

Problem

- Pain and deformity at the MCP joint of Thumb

Cause

- Usually the cause is osteoarthritis, wear and tear.
- Occasionally post-traumatic arthritis or inflammatory arthritis

Diagnosis

- The MCP joint is painful due to the arthritis
- There is discomfort on pinch grip and weakness due to either instability or pain
- X-rays confirm the diagnosis
- Occasionally CT or MRI scan is required.

Treatment

- Surgical – General Anaesthetic-
 - o Debridement of the spurs and arthritic joint
 - o Fusion of the joint in approximately 25° of flexion
With either a plate, wires, or intramedullary fusion device

Potential Complications

- Infection
- Haematoma
- Non Union
- Irritation from metalware

Post Op Care

- Plaster slab for the first ten days
- Protective splint and swelling management for six weeks
- Check x-rays at the six week and three month mark to ensure bony union