# CMCJ Arthritis

RHH Medical Ltd summary of assessment, technique and post injection advice

December 2019

## Assessment

Grind test and palpate.



## Injection

Just dorsal to EPB. <https://www.youtube.com/watch?v=wQfjVk7dM1k&t=204s>

2mls injection, 20-30 degrees from vertical.

Small amount subcutaneous. Then distract and rest into CMCJ. 5mm proximal entry point



## Post injection

After 5 minutes - Observe for any swelling or significant bleed. Any benefit?

Avoid loaded rotation/twisting and lifting for 48hrs

Advise exercises when immediate pain settled as per leaflet on osteoarthritis of the thumb from South Tees Hospitals.

https://southtees.nhs.uk/content/uploads/MICB4531-V1-Osteoarthritis-Thumb-Joint-9.pdf