



# RELIEVE THE PAIN OF YOUR **OSTEOARTHRITIS IN YOUR HAND AND RHIZARTHROSIS!**

**NO02**

YOUR PRACTICAL GUIDE  
TO UNDERSTANDING AND RELIEVING YOUR  
SYMPTOMS AND PREVENTING DEFORMITIES.

**Dr Jean Paul Brutus  
Nathalie Brisebois  
Noémie Vézina**

## LIMITATION OF LIABILITY:

Although the authors and publishers have taken the best care to ensure the accuracy and completeness of the information contained in this book, it is impossible to guarantee that the information is complete, accurate and free of errors or omissions. The authors and publishers assume no responsibility for any afflictions, injuries or damages to others resulting directly or indirectly from the use and application of the content or any part of the content of this book. The information in this book should be regarded as general information and should not be used as a substitute for medical advice or information provided by your doctor.

The content of this book is to be considered as general information, given with the best knowledge of the authors, and does not constitute a recommendation or instruction. The authors and the reader are therefore not engaged in a patient-doctor relationship.

It is always recommended to meet a physician in person to make decisions about your health. Do not hesitate to get a second opinion from a health professional in your area in case of doubt and before making a decision.

All rights reserved. The contents of this publication may not be reproduced, archived or retransmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior permission of the authors.

RELIEVE THE PAIN OF  
YOUR OSTEOARTHRITIS  
IN YOUR HAND AND  
RHIZARTHROSIS!  
**YOUR HANDS  
ARE UNIQUE  
AND PRECIOUS!**

---



# RELIEVE THE PAIN OF YOUR OSTEOARTHRITIS IN YOUR HAND AND RHIZARTHRISIS!

**YOUR PRACTICAL GUIDE TO UNDERSTANDING  
AND RELIEVING YOUR SYMPTOMS AND  
PREVENTING DEFORMITIES.**

**Dr Jean Paul Brutus, hand surgeon**

**Nathalie Brisebois, occupational therapist specialized in  
hand therapy, Centre Professionnel D'Ergothérapie**

**Noémie Vézina**

Osteoarthritis of the fingers and the base of the thumb (also called «rhizarthrosis») are frequent, often neglected pathologies that compromise the function of the hand and the quality of life. This handbook, written by specialists in hand surgery and hand therapy, will allow you to recognize your pathology and give you the ability to treat yourself immediately by adopting effective measures to alleviate your symptoms. In the majority of cases, the use of surgery will not be necessary!

**Find the answers to your questions  
about osteoarthritis of the hand right  
here, in just a few minutes:**

- You will be informed of the most modern knowledge on this pathology and will know exactly how to take charge of your condition in the most effective way to resume your professional activities and leisure in the shortest possible time.
- You will be certain of when to consult a surgeon if it becomes necessary.
- You will know the dramatic advances made in minimally invasive modern techniques to permanently alleviate the pain and consequences of rhizarthrosis.

Stop enduring pain and, above all, do not ignore the pathology of what you are suffering from. Your hands are unique and precious!

# TABLE OF CONTENTS

- 1 / What are the symptoms of osteoarthritis?
- 2 / What are the symptoms of osteoarthritis of the base of the thumb, also known as rhizarthrosis?
- 3 / Osteoarthritis of the fingers and of the base of the thumb is very common. Who can be affected by this condition?
- 4 / What causes osteoarthritis and rhizarthrosis?
- 5 / How is the diagnosis made and what types of tests should I take if I am affected?
- 6 / Is ultrasound of the thumb and/or fingers helpful?
- 7 / Do I need an X-ray?
- 8 / Do I need an MRI?
- 9 / Is it necessary to treat osteoarthritis and rhizarthrosis?
- 10 / What can I do to relieve the pain and prevent deformities?
- 11 / What about the usefulness of a cortisone injection to relieve my joint pain?
- 12 / How does cortisone work? Can we safely repeat cortisone injections?
- 13 / Are there alternatives to cortisone injections for osteoarthritis in the fingers or at the base of the thumb? What about hyaluronic acid that is used for osteoarthritis of the knee?
- 14 / I tried all the steps suggested above and it still hurts. What should I do?
- 15 / Given this situation, is surgery essential?
- 16 / What type of anesthesia is required for the surgery?
- 17 / How do I choose my surgery?
- 18 / Are there less invasive alternatives?
- 19 / Are these treatments painful?
- 20 / What are the real chances of a successful surgery for rhizarthrosis?
- 21 / Are complications often observed after this type of surgery?
- 22 / Are there risks of nerve damage?
- 23 / I have heard of reflex sympathetic dystrophy "RSD" or complex regional pain syndrome "CRPS". What does that mean?
- 24 / What about stiffness? I heard that rehabilitation is necessary after surgery.



25 / Are the scars painful in the hand?

26 / What is the expected convalescence time?

27 / Is it necessary to wear a splint after surgery?

28 / Should rehabilitation be provided in occupational therapy or physical therapy after surgery?

29 / Is it true that a healthy diet can slow down the progression or decrease the risk of developing osteoarthritis?

30 / Is it possible to control the pain caused by osteoarthritis in a natural way through diet and natural products?

**YOUR PRACTICAL GUIDE  
TO UNDERSTANDING AND RELIEVING YOUR  
SYMPTOMS AND PREVENTING DEFORMITIES.**

