

ARTHRITIS OF THE HAND AND JOINT REPLACEMENTS

Arthritis of the hand can be due to wear and tear arthritis which is known as osteoarthritis, or due an auto-immune condition like rheumatoid arthritis.

Depending on the stage of the joint and the type of arthritis, joint replacements may be necessary; however, sometimes splints and other operations to rebalance the joints can help a great deal. There are different kinds of joint replacements available, though some of the joints are made from silicone; others are made from pyrocarbon and titanium metals. Mr Khandwala will advise you on the best treatment for your joint. He will also advise you on ways to prevent damage and to maintain the other joints. Sometimes with rheumatoid arthritis, you will be under the joint care of the hand therapists, the rheumatologists and the hand surgeon. The rheumatologists will control the arthritis in different joints. The hand therapists and the hand surgeon will look at ways of preventing joint deformity, maintaining movement, controlling pain and improving your mobility to the best possible extent.

Operations on all the finger joints, thumb joints, wrist joints are possible to improve mobility. Occasionally a reduction in mobility by the fusion or arthrodesis of a joint may be advised.

Each patient's treatment is individual and tailored to their needs. For example, the needs of a musician are different to those of a builder.

Mr A R Khandwala MBBS, MS, MCh, FRCS(G) FRCS (Plast)

[www. plasticsurgeon.org.uk](http://www.plasticsurgeon.org.uk)

Phone 01342 330343