

Mechanisms of a Dynamic Stability Approach

Status: Recruiting

Eligibility Criteria

Sex: Male or Female

Age Group: 18 years and over

This study is NOT accepting healthy volunteers

Inclusion Criteria:

1. Thumb Carpometacarpal (CMC) Osteoarthritis confirmed by xray 2. referred to occupational therapy for treatment of thumb CMC osteoarthritis

Exclusion Criteria:

1. cortisone treatments to the affected thumb within the prior three months 2. hand rehabilitation within the past six months 3. thumb CMC joint replacement 4. diagnosis of inflammatory arthritis

Conditions & Interventions

Interventions:

Other: Dynamic Stability Exercise Program

Conditions:

Arthritis & Rheumatic Diseases, Bone, Joint & Muscle

Keywords:

Arthritis, Hand Arthritis, Occupational Therapy, Carpometacarpal, Osteoarthritis, Thumb joint, Clinics and Surgery Center (CSC)

More Information

Description: If you have been referred to occupational therapy for thumb carpometacarpal osteoarthritis and you are 18 years or older, you are eligible for this study. Arthritis is the leading cause of disability in the United States, with an estimated 25.6 million Americans affected by osteoarthritis (OA) of the hand. Thumb carpometacarpal osteoarthritis (thumb carpometacarpal (CMC) joint osteoarthritis) is the most common and limiting form of hand osteoarthritis, causing chronic pain, weakness, reduced joint movement, and difficulty carrying out common daily tasks. The purpose of this research study is to find out if an 8-week dynamic stability program can help people with a range of CMC OA severity and symptoms. Dynamic stability (DS) is a new occupational therapy program that uses a series of exercises to strengthen specific muscles around the thumb CMC joint. By strengthening these muscles, the DS approach aims to reduce joint pain, delay further damage, and improve function and participation in daily activities. If you enroll, we expect that you will be in this research study for 9 weeks, for a total of about 15 hours of participation. During the study, you will participate in: 4 occupational therapy (OT) study visits (about 60 minutes each), a home exercise program (15-20 minutes/day) for 8 weeks and, 2 assessment visits (Baseline, and week 9) where we will use Computerized Tomography, a type of X-ray, and ultrasound to take measures of your affected joint and have you complete questionnaires related to pain and disability.

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Phase: Phase 2

IRB

Number: STUDY00015249

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