

Scientists find new approach to treat thumb osteoarthritis

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Thumb-base osteoarthritis, which is common particularly in post-menopausal women, can greatly limit the use of their hands. Now, a simple mix of treatments focusing on this small but important part of the body could be a solution.

A randomised clinical trial led by University of Sydney researchers called the COMBO study, has found rather than a single solution, a combined approach of already available options may be more effective.

This includes education, a splint to support the thumb, hand exercises, and a pain relief gel could be a promising lead in helping volunteers with thumb base osteoarthritis regain hand function.

The researchers are now hoping to refine the research and find out if there are particular subgroups of people with thumb base osteoarthritis that may have more profound effects.