

Does wrist pain

affect your

day-to-day life?

A significant number of people suffer from arthritis of their wrists and hands that make it difficult for them to perform activities of daily living.

What questions should I ask my surgeon about total wrist replacement surgery?

- What will I be able to do/not do after my wrist replacement?
- Is therapy necessary after surgery?
- How long will I be in the hospital?
- How long will the device last, and what can I do to make it last as long as possible?
- How much pain can I expect, and how will it be managed in the hospital and after I go home?
- What device would you want put in your wrist, if you needed a wrist replacement now and why?
- If I do not have surgery, what is the risk?
- If you recommended fusion, what would my wrist motion be?
- Are more surgeons doing wrist replacements today?
- Will I be able to reach you after the surgery if I have a question or a problem?

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Do You Have Symptoms of Wrist Arthritis?



RE-MOTION PGT™
TOTAL WRIST SYSTEM WITH PRECISE GUIDANCE TECHNOLOGY

RE-MOTION™ Total Wrist System
for treatment of wrist arthritis

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What is Arthritis of the Wrist?

Although there are many kinds of arthritis, most wrist pain is caused by just two types:

- **Osteoarthritis (OA)** is a progressive condition that destroys the smooth articular cartilage covering the ends of bones. The bare bones rub against each other, resulting in pain, stiffness and weakness. OA can develop due to normal “wear-and-tear” on the wrist or as a result of a traumatic injury to the forearm, wrist or ligaments.
- **Rheumatoid Arthritis (RA)** is a systemic inflammatory disease that affects the joint linings and destroys bones, tissues, and joints. Rheumatoid arthritis often starts in smaller joints, like those found in the hand and wrist, and is symmetrical, meaning that it usually affects the same joint on both sides of the body.

How do I know if I have wrist arthritis?

- **OA of the wrist joint** manifests with swelling, pain, limited motion and weakness. These symptoms are usually limited to the wrist joint itself.
- **RA of the wrist joint** usually manifests with swelling, tenderness, limited motion and decreased grip strength. In addition, hand function may be impaired and there may be pain and deformity in the knuckle joints (metacarpophalangeal joints).
- **Joint swelling** may also put pressure on the nerves that travel through the wrist. This can cause a lesion to develop (compression neuropathy) or lead to carpal tunnel syndrome.

How will I be diagnosed?

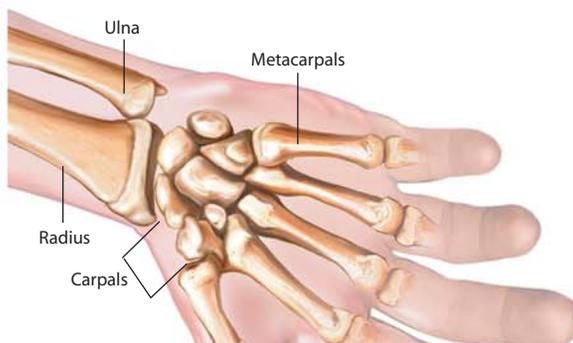
Ten bones make up the wrist joint (see diagram to the right): the two bones of the lower arm (the radius and the ulna) and eight wrist bones (the carpals). Your physician will use a combination of physical examination, patient history, and tests to diagnose arthritis of the wrist. X-rays can help distinguish among various forms of arthritis. Some, but not all, forms of RA can be confirmed by a laboratory blood test.

The text on this page has been adapted with permission from Arthritis of the Wrist, in Johnson TR, (ed): *Your Orthopaedic Connection*. Rosemont, IL, American Academy of Orthopaedic Surgeons. Available at <http://orthoinfo.aaos.org/>



What options are there for treatment?

- Modifying your activities to avoid those that cause pain
- Immobilization of the wrist in a splint
- Anti-inflammatory medication
- Steroid injection into the joint
- Surgery using wrist fusion
- Surgery using partial wrist fusion
- Partial resection of wrist bones
- Surgery using a total wrist replacement



What are the differences in wrist fusion vs. total wrist replacement surgeries?

Total wrist *Fusion* occurs when a metal plate is used to fuse the bones at the base of your hand (carpals) with the large bone in your forearm (radius).

- **Pros:** Relieves pain and discomfort to restore strength; fusion rate is high; good for people performing manual labor.
- **Cons:** Loss of wrist movement; Difficulty reaching around corners or typing following surgery.

Total Wrist *Replacement* is designed to replace the wrist joint. In the SBi RE-MOTION total wrist system, there are four components that are used to replicate the anatomy of the wrist, and it is available in multiple sizes to fit variations in anatomy.

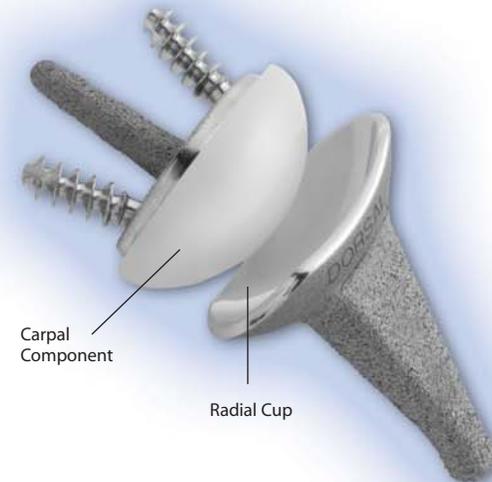
- **Pros:** Relieves pain and discomfort, restores strength, and restores motion; Retains more functional mobility and movement of the wrist than with wrist fusion.
- **Cons:** Physical demands you place on the wrist prosthesis will have an effect on how long the implant lasts.

How can the SBi RE-MOTION™ total wrist replacement system help me?

In the category of total wrist replacement, Small Bone Innovations, Inc. (SBi), has developed a unique implant that is designed to replace the wrist joint. The RE-MOTION Total Wrist can help to improve your overall quality of life by reducing the pain in your wrist, increasing range of motion and increasing overall hand/wrist strength.

Some keys to successful results that the RE-MOTION total wrist offers:

- Because the RE-MOTION Total Wrist implant was designed with a deep Radial Cup, it is *extremely stable* and resists dislocation.
- The RE-MOTION Total Wrist System is a surface replacement implant so it requires *minimal bone removal* and preserves soft tissues and long-term surgical options.
- The Carpal Component allows for an additional 10 degrees of rotation, which disperses forces and helps promote stability *while enhancing motion*.



See your doctor or hand surgeon to find out what treatment is suitable for the condition of your wrist.

For more information on this product, please visit: www.totalsmallbone.com/products/total_wrist.html or call 1-877-778-8837.