



Introduction

Do You Have Symptoms of Arthritis?

Pain and stiffness in your joints or arthritis pain is one of the most common causes of visits to the doctor. You are not alone: 37 million other Americans are suffering from one of the many forms of arthritis as they get older. One common form is in the hand or thumb.

- Do You Have Pain When You Pick Up Objects?
- Do You Have Trouble Holding Objects?
- Do You Have Difficulty Turning a Key or Doorknob?

There is hope . . . *The Artelon® Spacer CMC-I can help.*

This brochure discusses a relatively new approach to treating this condition with the goal being restoration of the thumb's functionality while retaining strength.

**"The Artelon® procedure is great.
I could not have done anything that
I am doing now the way the pain
was in my thumb."**

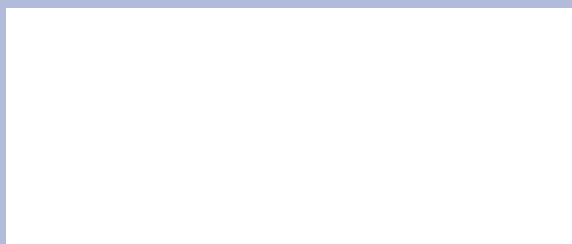
-Artelon® Spacer CMC-I patient

Artelon® Spacer CMC -I

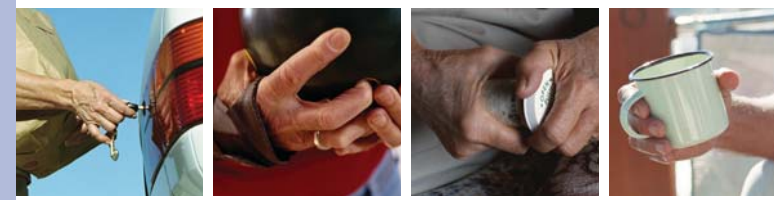
Focusing on the needs of the patient to provide freedom from pain while retaining strength and functionality.

"...to me, I'm like a hundred percent. There's nothing I can't do."

-Artelon® patient post-recovery



Is thumb pain affecting your day-to-day life?



Patient education content provided by the American Society for Surgery of the Hand. www.ASSH.org



SMALL BONE INNOVATIONS

www.totalsmallbone.com

For more information on this product
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Artelon® Spacer CMC-I for Thumb Osteoarthritis



Why does my thumb hurt?

What causes osteoarthritis?

With osteoarthritis (also called degenerative arthritis), the cartilage layer wears out and the bones rub against one another. As the cartilage layer continues to wear out, symptoms of arthritis develop and the joint is eventually destroyed.

Why is my thumb joint a concern?

In the hand, the second most common joint to develop osteoarthritis is at the base of the thumb, or basilar joint. The shape of these bones gives the thumb a wide range of movement up and down, across the palm, and the ability to pinch with each finger.

Is it more common in men or women?

Arthritis in the basilar joint of the thumb is more common in women than in men.

It usually starts after age 40. Past injuries to this joint such as fractures, sprains, etc., may increase the chances of developing this type of arthritis.

Why do I have trouble gripping objects?

The first symptom of basilar joint arthritis is pain with activities that involve gripping an object with the thumb and fingers (pinching). These activities could include opening jars, turning door knobs, opening car doors, and turning keys.

“Things you don’t realize or think about that use your thumb or hand all cause pain...”

- Artelon® patient recalling a time period prior to treatment

Why is the pain getting worse?

As the disease worsens, less activity is needed to produce pain. Pinching strength decreases and swelling may develop when using the thumb. As the arthritis continues to worsen, the basilar joint begins to look bigger and “out-of-joint.” At this point, movement of the thumb becomes limited.



X-ray shows location of Artelon® Spacer CMC-1

Treatment for arthritis at the base of the thumb.

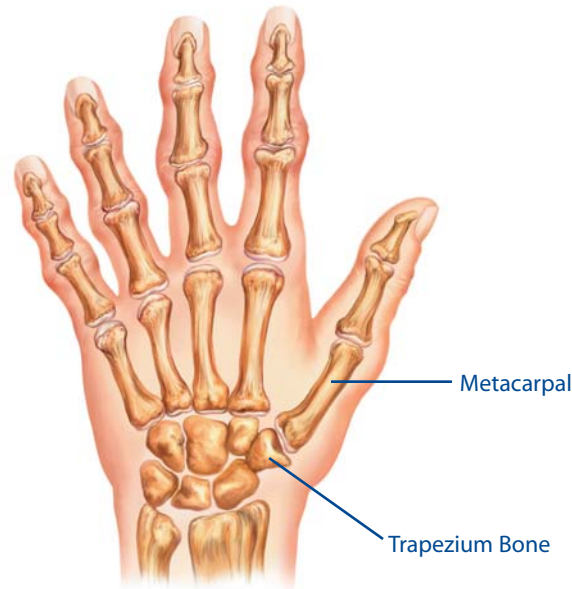
How do I know if I have arthritis at the base of the thumb?

Hand surgeons can diagnose arthritis at the base of the thumb by close inspection that will sometimes show a lump at the base of the thumb that can be swelling in the joint or displacement of the thumb’s first bone. Also, forcing the thumb firmly against the wrist bone while moving the joint will usually produce pain and may produce a gritty feeling.

“I really couldn’t turn a doorknob without thinking about the pain.”

-Artelon® Spacer CMC-1 patient

The pain of early basal joint arthritis will usually respond to non-surgical treatment: limiting movement of the thumb (placing a splint on the thumb) and using medicine (oral or local injection) to decrease swelling and pain. Patients with more severe cases may require surgery. Your doctor can advise you on the best treatment for your situation and if the Artelon Spacer CMC-1 is right for you.



As shown in the figure above, the basilar joint of the thumb is formed by a small wrist bone (trapezium) and the first of the three bones of the thumb (metacarpal).

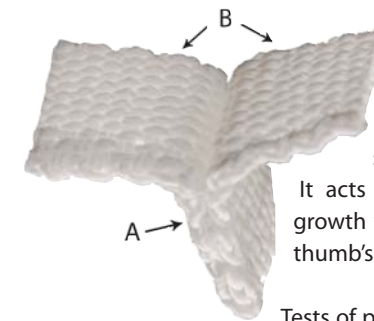
The Artelon® Spacer CMC-1 for arthritis at the base of the thumb.

The Artelon® Spacer CMC-1 is for patients with symptoms of thumb base osteoarthritis. The device is patented and has been cleared by the FDA for use in this application. The short section of the Spacer (see ‘A’ in the photo) creates a cushion in the arthritic joint to relieve the pain between the bones (metacarpal and trapezium (see figure to left) that comprise the thumb). The longer section of the spacer (‘B’ in the photo) stabilizes the joint and prevents dislocation.

Use of the Spacer allows the patient to retain ligaments and bone that is removed with alternative procedures. The Artelon procedure also provides full movement of the thumb and takes less time to heal. Surgery is performed on an outpatient basis and takes less than one hour. A period of professionally supervised rehabilitation is essential. However, recovery time is usually quicker than with other surgical procedures.

“Everyone was really impressed how quickly I was back to normal ...”

-Artelon® patient



The fibers in the spacer are biodegradable (they degrade and are absorbed by the body over time). During the 6 years after surgery, the Spacer preserves the area in the thumb joint.

It acts as a framework to allow tissue growth within it that helps to restore the thumb’s functionality.

Tests of patients 3 years after surgery* suggest that “pinch strength” (a measure of how well the thumb works) is gradually restored to within normally functioning levels.

See your doctor or hand surgeon to find out if the condition of your thumb is suitable or appropriate for this treatment.

*Study conducted by Sahlgrenska University Hospital, Dept. of Hand Surgery, Goteborg, Sweden for Artimplant AB. Published in the USA by the Journal of Hand Surgery, March 2005. Artelon® is a registered trademark of Artimplant AB of Goteborg, Sweden and the Spacer CMC-1 is marketed in the US by Small Bone Innovations, Inc., under an exclusive license.

For more information on this product please visit:
www.totalsmallbone.com/products/artelon.html
or call 1-877-44-THUMB