

# Push Thumb Brace for Thumb Carpometacarpal (CMC) Joint Osteoarthritis

This leaflet explains more about wearing a push thumb brace to help with your osteoarthritis. If you have any further questions, please speak to your hand therapist.

## What is a push thumb brace?

The push thumb brace has been developed by hand therapists to support the carpometacarpal (CMC) joint at the base of the thumb when this joint is affected by osteoarthritis.

## Why should I have a push thumb brace?

Your therapist has recommended you buy a push thumb brace to help you manage your osteoarthritis.

The push thumb brace stabilises your CMC joint and puts your thumb into a functional position. It makes the thumb sit in an 'arch' position and keeps it stable during activities.

The brace also makes sure the thumb can properly grip around an object and wearing it can help relieve pain when the thumb is under stress.

The brace can be worn at work and in the home as well as for sporting activities such as golf, tennis and swimming.

## How do I make sure I buy the right size?

Your therapist will advise you on the correct size for your hand.

The splint must be the right size and squeezed into position to ensure a snug fit, to provide support to your CMC joint.

Instructions for fitting the brace are in the section below - your therapist can also help you do this well and safely.

## Where can I buy the brace?

You can buy a push thumb brace from **Promedics Orthopaedics Ltd:**

[www.promedics.co.uk](http://www.promedics.co.uk) or call **01475 746 400**.

You can also buy the brace from other online stores such as:

[www.amazon.co.uk](http://www.amazon.co.uk)

[www.vivomed.com](http://www.vivomed.com)

[www.physioroom.com](http://www.physioroom.com)

## How do I fit my brace?

1. Before putting your push thumb brace on for the first time, gently bend the metal insert **slightly** outwards to make the thumb area a bit bigger.
2. Open the straps.
3. Slide your fingers and thumb into the brace. Push the brace as far down on your thumb as possible before you close the straps.
4. Gently but firmly close the straps – **don't** pull them tightly.
5. Touch the tip of your thumb to your index fingertip to make an "O" shape. Make sure your thumb muscles are relaxed and your thumb joints slightly flexed.
6. Look directly into your palm, and check to make sure your thumb is not too far across your palm or too far away from your palm.
7. With your thumb relaxed in the mid position, **squeeze the metal insert firmly so it fits snugly around the base of your thumb.**

Wear your brace to relieve pain and to give support as you need it.

## Useful sources of information

Versus Arthritis [www.versusarthritis.org/](http://www.versusarthritis.org/)

## Contact us

If you have any questions or concerns about your push thumb brace, please discuss them with your therapist at your next appointment.

For treatment enquiries, please contact on 020 8725 1038 (answer phone only, please leave a message and someone will get back to you as soon as possible). For appointment enquiries, please contact 020 8725 3000 (Monday to Friday, 9am to 5pm).

Your therapist's name is: \_\_\_\_\_

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

## **NHS Choices**

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

## **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

## **AccessAble**

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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