

## **CARPOMETACARPAL OSTEOARTHRITIS (CMC OA): AN EVIDENCE BASED APPROACH TO CONSERVATIVE MANAGEMENT**

The CMC is a diarthrodial condyloid joint or saddle shaped joint in which there is an articulation between the trapezium (a carpal bone) and the first metacarpal of the thumb. Mobility of this joint is greater than its' stability. Often times, other articulations are involved in CMC osteoarthritis (OA) along with the trapezium, including the scaphoid and trapezoid carpal bones as well as the second metacarpal. This course will guide occupational therapy and physical therapy professionals to a evidence based approach to conservative management of Carpometacarpal Osteoarthritis.

### **Upon completion of this course, you will be able to :**

- Identify the anatomy involved in CMC OA.
- Understand the etiology of CMC OA.
- Identify and understand 3-5 appropriate outcome measures discussed in the literature to be used when evaluating CMC OA.
- Identify 3-5 appropriate evidence based treatment interventions or combinations of treatment interventions supported by the literature in the treatment of CMC OA.
- Understand the use of a CMC orthosis in treating CMC OA.

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**Contact Hours :** 4.00 Hours (AOTA CEUs—0.4)

**Instructional Methods :** Online Independent Self-Study (Training + Post-Test)

**Audience:** This course is designed for OTs, OTAs, PTs, PTAs and other healthcare professionals

**AOTA Classification Codes:** Category 2—Occupational Therapy Process

**Educational Level:** Intermediate

**Prerequisites:** None

**Cost:** \$30 / Participant

**Course Completion Certificate :** A minimum passing score of 70% is required for course completion. A Printable (Pdf) Certificate By Email.

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