

HAND ARTHROSIS, RHIZARTHROSIS

Treatment interest

Cutaneous and deep sensitive receivers' stimulation and saturation. Pain relief and motor imagery awakening to enable hand reuse. Pain reduction with a bead hydromassage, a warm water mix, etc. Maintain or partially recover the articulation's movement amplitude suffering from arthrosis. Relaxing reflex-contractions that are combined with and impacting articulation arthrosis, contributing to their distortion.

When/frequency?

Once a day.

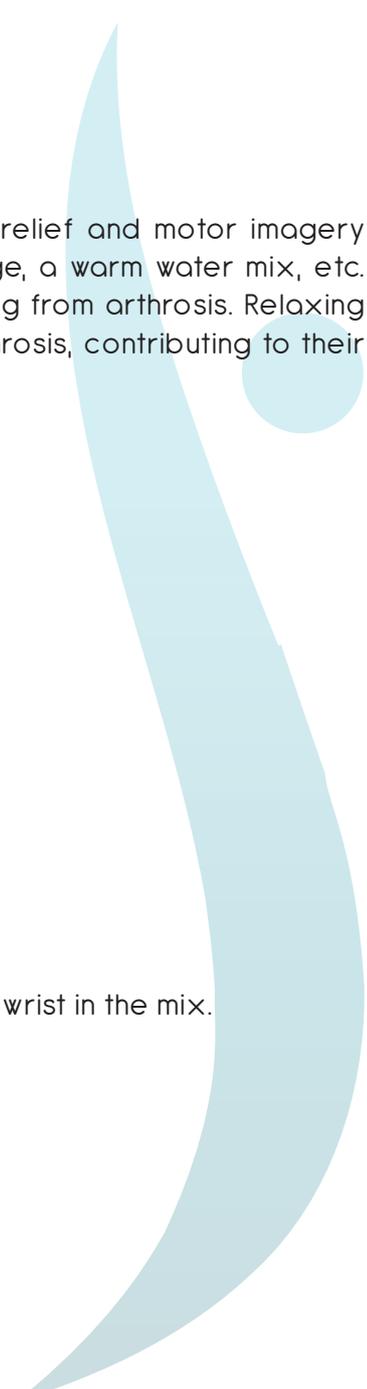
In addition to a reeducation session or in isolated treatment without session.

How?

Install the patient on a chair, at the correct height. Immerse his/her hand and wrist in the mix.

Which temperature?

Warm water between 34 and 37°C for the hand and wrist.



Which rotation speed?

Slow – 7 to 8 rpm – with some variations for adaptation phenomenon. Then accelerate the speed over the sessions.

Which associated exercises?

For the hand and wrist, make so that the patient makes movements in the water and bead mix.

- ☀ Rolling fingers
- ☀ Thumb presentation to pad of other fingers

Learning the correct position that will allow to put back into place the articulation suffering from rhizarthrosis

- ☀ Flexion-extension of wrist
- ☀ Wrist circumduction
- ☀ Hand opening and wrist extension, hand closing and wrist flexion
- ☀ Look for a bigger bead in the mix
- ☀ ...

How long should a session last?

For the hand, 12 to 15 minutes

The tank containing the beads can turn clockwise, anticlockwise or in an alternating way, in either direction. In this case, the time of use in one direction can be set from the control panel.

Example: For a 12-minute session, we can program cycles of 2, 3, 6 or 12 minutes by starting in the wanted direction.

Warning: First session can be shorter to introduce the patient to the treatment.

How long should the treatment last?

Until the improvement is stabilized and the hand motricity is fully recovered.

Then, the treatment should be used on a regular basis to keep and maintain mobility and desensitization.