

GRABOW
HAND TO SHOULDER CENTER



RYAN J. GRABOW, MD

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Ryan J. Grabow, MD

- Board Certified, Fellowship Trained
- Orthopedic Surgeon
- Hand to Shoulder Specialist

Comprehensive Care
From the Shoulder to Fingertips



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Two Convenient Locations

Henderson Office:

- 2779 Sunrise Heights Parkway near St. Rose Stern Hospital

Southwest Office:

- 8520 West Sunset at Sunset and Orange exit off I-215

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Specializing in
Nonoperative & Minimally
Invasive Treatment

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Ryan J. Grabow, MD
My Practice

Treat all conditions affecting your:

- Hands, Wrists, Elbows, & Shoulders

Maximize conservative options

- Before surgery is recommended

Trained in the latest minimally invasive techniques

- Endoscopic cysted tunnel release
- Arthroscopy of the hand, wrist, elbow, and shoulder
- Nonoperative treatment of Dupuytren's Contracture

Provide personalized care and patient education

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Dupuytren's Clinic of Nevada



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Dupuytren's Contracture Release without Surgery!

- **DRIP** hand specialist providing nonoperative treatment in Nevada
- Patients come from throughout the US and Mexico
- Benefits: Avoids risks of surgery and long postoperative healing process

Which would you choose?

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Osteoarthritis (OA)

- Degenerative joint disease (DJD)
- Degeneration of articular cartilage
- Formation of new bone at joint margins = **SPURS**
- Can affect any joint



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Hand Arthritis

Patients Age 70 or older:

- X-ray findings of Hand Arthritis
 - 88% men, 74% women
- Symptoms of Hand Arthritis
 - 9% men, 17% women



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Hand Arthritis Symptoms

- Pain with joint motion and use
- Deformity
- Joint enlargement
- Grinding or crunchy feeling
- Loss of joint motion



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Hand Anatomy



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Bones of the Hand



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Interphalangeal Joints



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Metacarpal Phalangeal Joints



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Articular Cartilage



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Finger Arthritis



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Interphalangeal Joint Arthritis

Heberden's Nodes

- Arthritis enlargement of DIP joint
- joint near fingertip

Bouchard's Nodes

- Arthritis enlargement of PIP joint
- joint in middle of finger



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Finger Joint Enlargement

Xray Appearance

- Loss of joint space
- joint enlargement due to spurs
- Does not correlate with pain



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Mucous Cyst

- Fluid filled cyst on DIP joint
- Covered by skin
- Comes from joint capsule
- Fingernail deformity may occur
- Surgery needed if larger or interfering with joint



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Basal Joint Arthritis



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Basal Joint of the Thumb



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Basal Joint of the Thumb

JOINT DEGENERATION



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Thumb Arthritis Symptoms

DEFORMITY



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Thumb Arthritis Symptoms

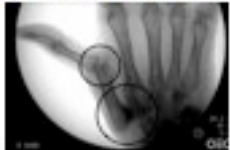
CRIMPING THUMB IN GRASP



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Xray Findings

JOINT SPACE DESTRUCTION AND DEFORMITY



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Steroid Injections

- NOT the kind Athletes use
- Multiple types
- Very little absorption to body
- Decrease inflammation
- Don't cure arthritis - control pain
- Variable length of effect
 - weeks - months



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Steroid Injections

HOW OFTEN?

- Every 3 months or more

RISKS

- No significant negative effect
- Does not worsen arthritis
- Will raise blood sugar in diabetics for 2 weeks



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Joint Lubricant Injections

- Synovial and Hyaluron are most common
- Not approved for hand
- Studies show promising results
- Method of action unclear
 - building blocks of cartilage
 - probably anti-inflammatory



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Other Modalities



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Braces

- Used on painful joints
- The wrist is right
- Also for specific activities
 - grocery shopping
 - laundry
 - gardening
- Hundreds of styles - \$ to \$\$\$



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Braces



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Assistive Devices

- Decrease force on joints
- Improve mechanics
- Portable
- Allow normal activities
- Variable cost: \$ - 100
- See Useful Resource List



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Paraffin Wax Hand Bath

- Most best soothing to arthritic pain
- Excellent to loosen stiff joints in the morning
- Can be used at HandTherapy
- Sold at Walgreens, Midmart, etc.



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Hand Therapy

Formal & Self Guided

- Dexterity & Range of Motion
- Strength
- Healing and Sprink
- Paraffin Wax Bath
- Ultrasound and Ionophoresis



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Exercise

USE IT OR LOSE IT!

- Maintain Range of Motion
- Maintain Strength
- Decrease swelling
- Anything using your hands is exercise



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Supplements

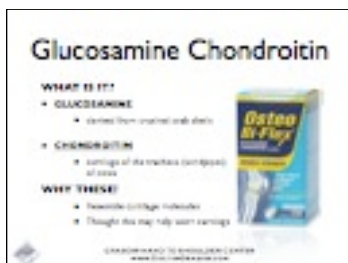
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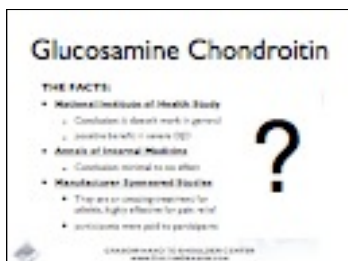
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Glucosamine Chondroitin

DO NOT TAKE

- If you are allergic to shellfish
- If you are diabetic
- If you take blood thinning medication



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Snake Oil



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Copper Bracelets

THE FACTS:

- Copper and Zinc don't increase circulation
- Absorption through skin is minimal at best
- No measurable "energy flow" or effect
- No studies showing magnets help with pain



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Magnets

THE FACTS:

- Based on belief that we "store up" positive energy flow to offset stress
- One power rating to support leg muscle
 - o with suction bracelets
- NO SCIENTIFIC BASIS
- NO STUDIES SUPPORTING CLAIMS
- NO NEGATIVE EFFECT OTHER THAN \$\$\$



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Surgical Treatments

Joint Replacements

- not for most total replacements
- some motion lost
- relieves pain relief

Joint Fusion

- No motion - no pain
- some loss of function
- relieves pain relief



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How do I learn more?

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