

# Thumb Arthritis Test (Thumb CMC Grind Test)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The Thumb CMC Grind Test, also known as the Thumb Carpometacarpal (CMC) Grind Test or the Thumb Basal Joint Grind Test, is a physical examination maneuver that doctors and other healthcare professionals may use to evaluate for thumb arthritis.

## Instructions

1. Ask the patient to sit comfortably and expose their hand and thumb.
2. Hold the patient's wrist with one hand and their thumb with the other hand, so that the thumb is positioned between your thumb and index finger.
3. Place your other hand over the top of the patient's thumb and apply a gentle pressure downwards.
4. While applying pressure, rotate the patient's thumb in a circular motion, grinding the joint between the thumb and the wrist.
5. Ask the patient if they experience any pain or discomfort during the test.

## Reminders

- It's important to explain to the patient what you will be doing and why you are performing the test.
- Always use gentle pressure when performing the test to avoid causing any unnecessary pain or discomfort.
- If the patient experiences pain during the test, stop immediately and note the findings in their medical records.
- Remember that the Thumb CMC Grind Test is just one of several diagnostic tests that can be used to evaluate for thumb arthritis and should be used in conjunction with other clinical assessments and imaging tests.

## Additional Notes