

Thumb Brace Buying Guide

Which Thumb Brace is Right For
Your Thumb Condition?



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INTRODUCTION

Which Thumb Brace is Right for
Your Thumb Problem?



Which Thumb Brace is Right for Your Thumb Problem?

When your thumb hurts is when you really notice just how much you use it! Thumbs allow us to use our fine motor skills, including pinching, snapping and grasping. That is why a painful thumb that keeps us from being able to write or grab a handle is no laughing matter.

In addition to injuring your thumb, there are many conditions that can cause thumb pain, too.

Four common conditions are:

- **CMC joint arthritis**
- **De Quervain's tenosynovitis**
- **Gamekeeper's or Skier's thumb**
- **Trigger thumb**

Which brace is right for your thumb pain?

Wearing a splint or brace to rest or support your thumb can help. The question is what brace is best for your thumb pain? The answer to that question really depends on the condition that you are trying to treat. Read on to learn more!

CHAPTER ONE

CMC Joint Arthritis

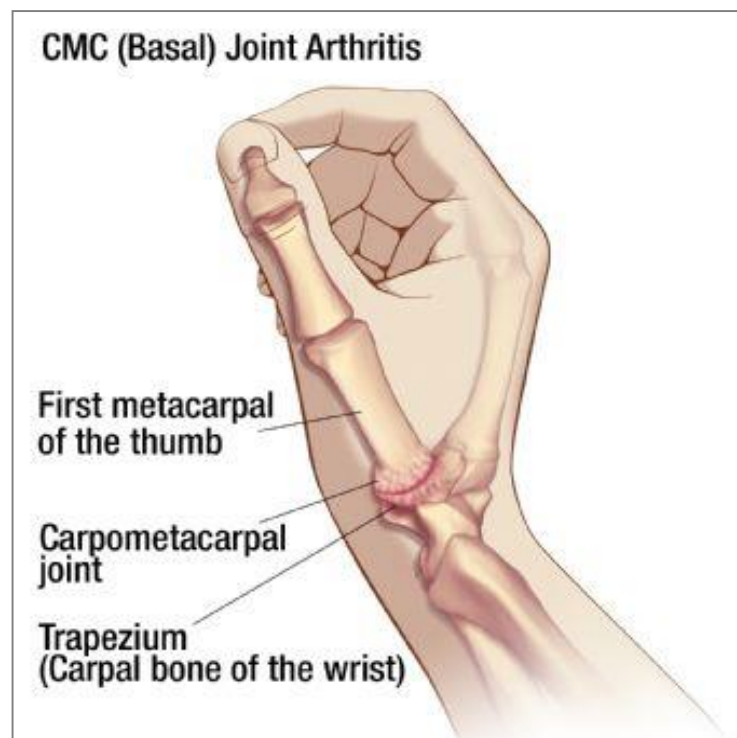


CMC Joint Arthritis

Thumb Arthritis

When you think about arthritis, normally you think about your knees, hips or even your fingers. You might be surprised to learn that arthritis of the thumb is more common than you think.

While it really does depend on the severity of your arthritis, for thumb arthritis look for a splint that supports or immobilizes the joint(s) that hurt.



There are three places that CMC Joint Arthritis can affect: the CMC joint (base); the MP joint (middle) and the IP joint (end). We will discuss each location in the following pages.

Where Does it Hurt?

CMC Joint (base)

If you have pain at the CMC joint, the base of the thumb where your thumb meets the wrist, a hand splint that supports the base of your thumb is best.



Photo credit: noelhenley.com

What Thumb Brace Will Help?

The **CMCcare Thumb Brace** is a lightweight, waterproof brace with smooth rounded edges that easily adjusts to the base of your hand and provides just enough flexibility and control for all day support and comfort.



CMCcare Thumb Brace

www.ohmyarthritis.com

What Thumb Brace Will Help?

The **3pp Design Line Thumb Splint** wraps around your hand and thumb to reduce the grinding pain of CMC joint arthritis



3pp Design Line Thumb Splint

What Thumb Brace Will Help?

The **3pp ThumSling NP** provides moderate support and has a lined wrap around strap so you determine how much support is right for you to reduce the grinding pain of CMC joint arthritis

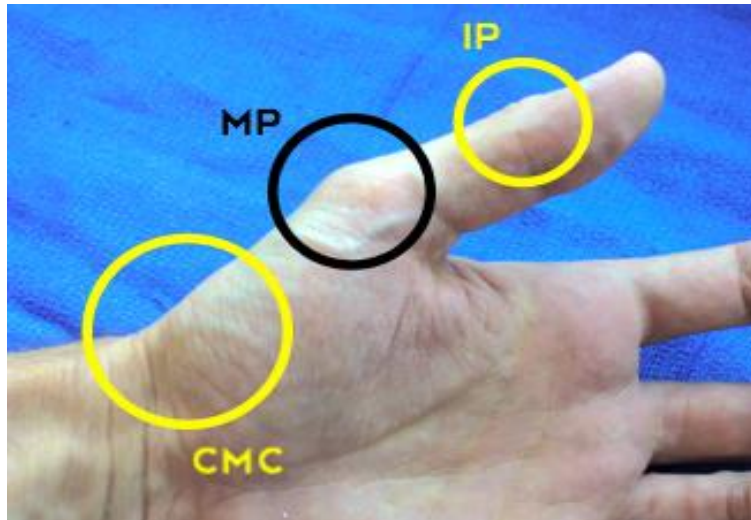


3pp ThumSling NP

Where Does it Hurt?

Middle Joint (MP)

If the pain is mostly at the middle of your thumb, look for a splint that holds and supports at the middle joint, as well as at the base of your thumb.



What Thumb Brace Will Help?

The fully cushioned **Fix Comfort Thumb Brace** provides firm support that extends just below the wrist to the end joint of the thumb.



What Thumb Brace Will Help?

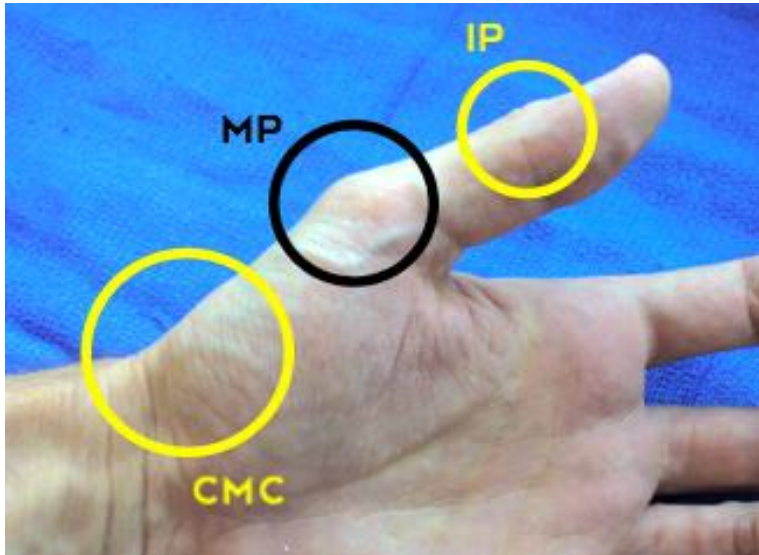
The molded **ThumSaver MP** provides firm support to stabilize the middle and base of your thumb.



Where Does it Hurt?

Top Joint (IP)

If the pain is at the end/top of your finger, a “ring” style splint that supports this joint or helps hold it straight may be all you need.



What Thumb Brace Will Help?

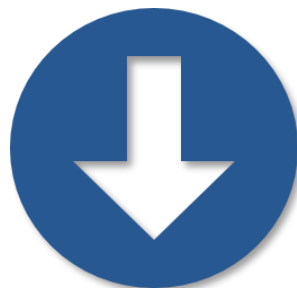
The **Oval-8 Finger Splint** is one option. It holds your thumb straight and the lightweight design can be comfortably worn day and night.



3pp Oval-8 Finger Splint

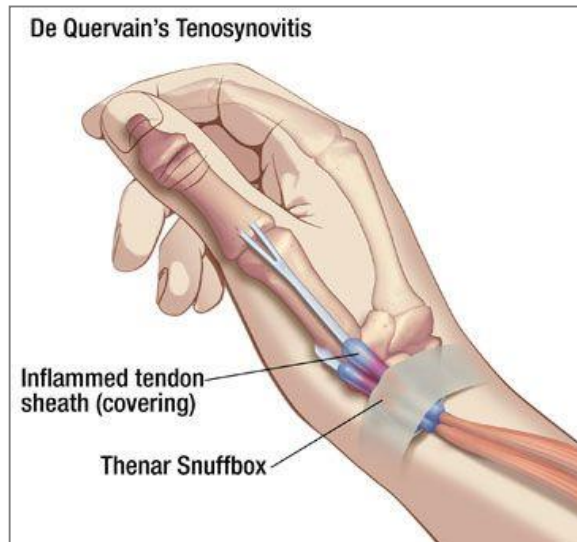
CHAPTER TWO

de Quervain's Tenosynovitis



de Quervain's

De Quervain's Tenosynovitis (D-square-vanes T-no-sigh-no-vie-tis) is inflammation of the tendons on the side of your wrist, at the base of your thumb. Although the exact cause of de Quervain's tenosynovitis isn't known, the most common cause is overuse from lifting or performing side to side motions with your hand.



Depending on the severity of your condition, there are several different splints that can be used to rest your thumb and wrist.

What Thumb Brace Will Help?

If you have very mild or occasional symptoms, the **3pp ThumSpica** provides light support and acts as a reminder to avoid the positions that cause your pain.

The **3pp Ez FIT ThumSpica** is ultra light and fully cushioned, the longer length provides adjustable support to your thumb and wrist, while leaving your fingers free for daily activities



3pp ThumSpica



3pp Ez FIT ThumSpica

CHAPTER THREE

Gamekeeper's or Skier's Thumb



Gamekeeper's or Skier's Thumb

Gamekeeper's thumb is an injury that happens when your thumb is pushed sideways, away from the index finger, tearing the ligaments between the bones in your thumb. Gamekeeper's thumb can also be caused by an injury that worsens over time.

Wearing a splint that stabilizes and protects your thumb can give your ligament time to heal. In some cases, if the ligament has torn away from the bone, wearing a splint that will protect the thumb from further injury until surgery can be done may be recommended.



What Thumb Brace Will Help?

In mild cases if the ligament remains attached to the bone, a splint with light control like the **3pp ThumSpica** or the more moderate control **3pp Ez FIT ThumSpica Splint** may allow the ligament to heal itself.

In more severe cases, a firm splint such as the **Fix Comfort Thumb Brace** will protect the thumb from further injury without limiting wrist motion or function.



3pp ThumSpica



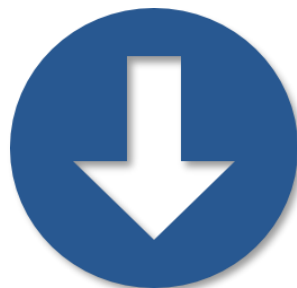
3pp Ez FIT ThumSpica



Fix Comfort Thumb Brace

CHAPTER FOUR

Trigger Thumb



Trigger Thumb

Trigger Thumb is an inflammatory condition that affects the tendons that flex or bend your thumb. If you have trigger thumb, a “popping” can be felt when you bend or straighten the end of your thumb. Your thumb may also stick in a bent position.

The earlier treatment is started, the better chance that the triggering can be relieved. Using a splint or brace can help limit motion and allow your thumb to rest.

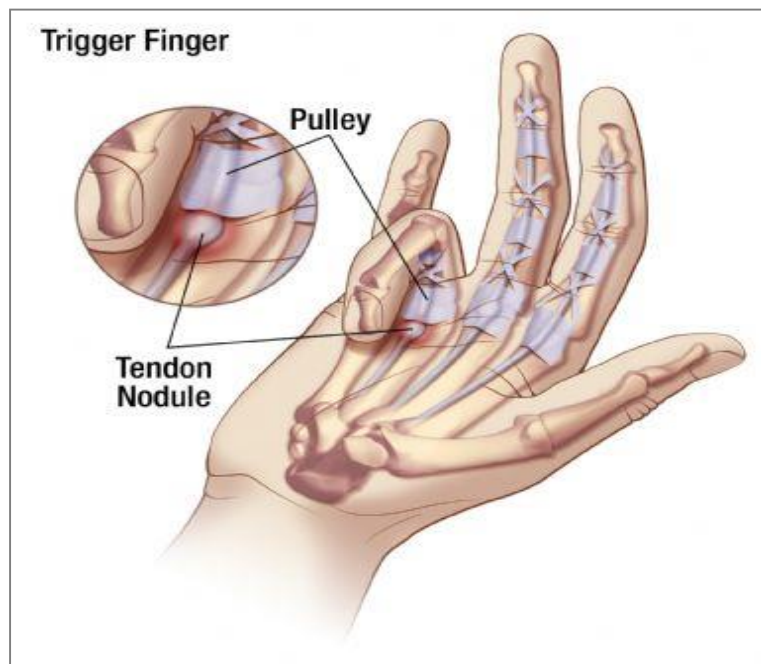


Illustration depicts a trigger finger. The same principle applies to a trigger thumb.

What Thumb Splint Will Help?

The **Oval-8 Finger Splint** can prevent the tendon from moving to the point where it snaps or clicks.



Thanks for Reading!

We hope you found this information helpful and that you find relief from your thumb pain soon. If you liked what you read, be sure to follow us on your favorite social platforms. We post regularly!

Follow Us



If you are ready to try a splint/brace for your thumb, click one of the links below to go to Oh My Arthritis, our retail site.

Ready to try a
THUMB SPLINT?

BUY NOW! 

Or an **OVAL-8**
for Trigger Thumb?

BUY NOW! 

Disclaimer

While the information presented in this book can help narrow down what your thumb problem might be, it is strongly recommended that you seek the advice of a doctor or therapist before beginning any treatment. Treating your symptoms with the wrong diagnosis can not only delay proper treatment, it may also make your condition worse.