TRAMEZIOMETACARPAL ARTHRODESIS USING A QUADRANGULAR PLATE: LONG-TERM RESULTS OF 70 PATIENTS

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Background: To assess the long-term results of trapeziometacarpal arthrodesis using a quadrangular plate, regarding clinical, radiological and functional outcomes, as well as development of complications.

Material and method: A total of 85 arthrodesis were carried out using a titanium quadrangular plate. The average follow-up was 60 months. Pre- and postoperative functional data were assessed at the outpatient clinics using DASH, MWS and VAS. All patients were asked for their ability to perform basic daily activities before and after surgery. All patients were also asked about satisfaction and their return to their jobs after surgery. Pre- and postoperative radiological data were also assessed.

Results: The average age was 55 years (range 44-60).

Conclusions:
1. The use of quadrangular plates for arthrodesis of the trapeziometacarpal joint is a safety and reproducible technique with a low rate of complications.
2. Arthrodesis decreases pain and improves function in patients with primary osteoarthritis of the thumb carpometacarpal joint.