



Article published on February 27th 2012 | [Health](#)

The thumb is a very important part of our hand. It has a basal joint, also known as the carpometacarpal joint. It joins up the metacarpal or first bone of our thumb and the wrist or carpal bone. This joint is under the fleshy part of the finger very near the wrist. The thumb arthritis or what is also known as basal joint arthritis occurs when the aforementioned joint develops osteoarthritis.

Thumb support is a simple and effective support that stabilises the wrist &

thumb together. It is available in either Neoprene or Elastic. Malleable aluminum palmar & thumb extension bars allow for a customised fit and simple touch and close fastenings make fitting easy. It gives pain relief for everyday activities. It provides relief to sore, aching, and weak thumbs; and can be used for gaming, texting, computer work and other painful activities, helps relieve pain from arthritis. It's flexible splints allow full use of the thumb; elastic inset and foam wrist cushion offer added support and protection to the hand.

Thumb arthritis can decrease the strength of our thumb. it can lead to swelling and can cause unbearable pain in the hand thus making it hard to accomplish simple tasks such as opening bottles or doorknobs, crocheting, turning a key, grasping, holding a cup and golfing. If you have suffered to injuries and fractures in the basal joint, this can increase your chances of having thumb arthritis in the future.

Usually, the arthritis in our thumb occurs after the age of 40. This arthritis is four times more common among women than men. Oftentimes, thumb arthritis has unknown causes. One thing is for sure, thumb arthritis is not always related to finger-joints arthritis and anyone can suffer from it even if they don't have arthritis in other joints.

Thumb support from below, also implies support from chest muscles. It support from above, coupled with the fact that all the remaining fingers, are already gripping from above implies that all the pressure, is now exerted by your lats alone, in pulling up your body above the bar. This is a very effective work out for your lats. Pull-ups must always be the first set of exercises that you do during your upper body work outs. In fact they can be used as the first and last set of exercises in every upper body work out regimen, to signify its effect in warm ups and cool downs.

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Article Keywords:

thumb support