

OCCUPATIONAL THERAPY IN RHEUMATOID ARTHRITIS

PRESENTED BY:
Saber Abu Mosa

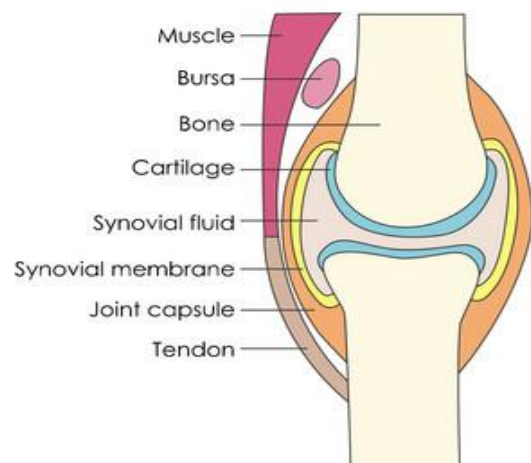
Definition

A systematic disease that results in inflammation of the joints (especially the synovial lining), that can destroy surrounding joint structures.

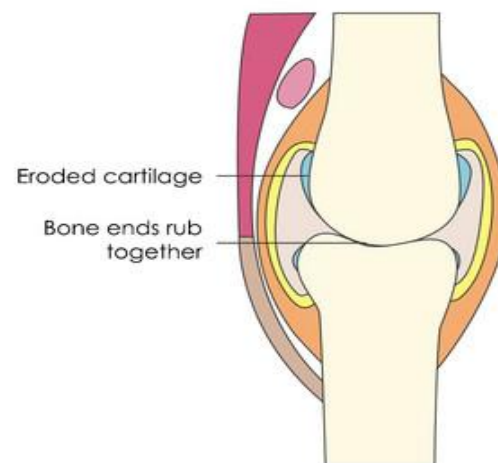
Rheumatoid arthritis occurs in remissions and exacerbations.

NORMAL AND ARTHRITIC JOINTS

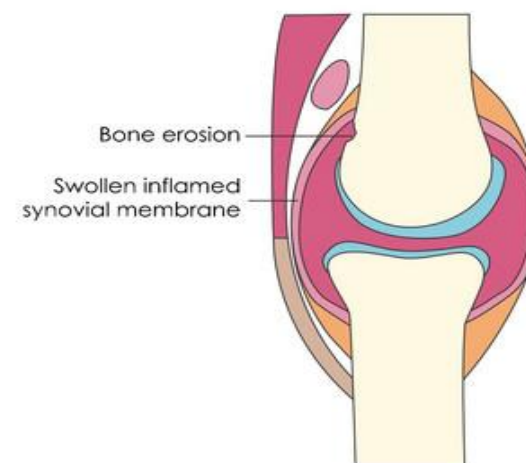
NORMAL JOINT



OSTEOARTHRITIS



RHEUMATOID ARTHRITIS



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Sympotoms



- ◆ Pain
- ◆ Stiffness.
- ◆ Limited range of motion.
- ◆ Fatigue.
- ◆ Weight loss.
- ◆ Limited activities of daily living status, diminished ability to perform role activities.
- ◆ Swelling
- ◆ Deformities



Types of deformities

- ① Ulnar deviation and subluxation of the wrists and MCP joints.
- ② Boutonniere deformity: flexion of PIP joints and hyperextension of DIP joint.
- ③ Swan neck deformity: hyperextension of PIP joint and flexion of DIP joint.

Ulnar deviation

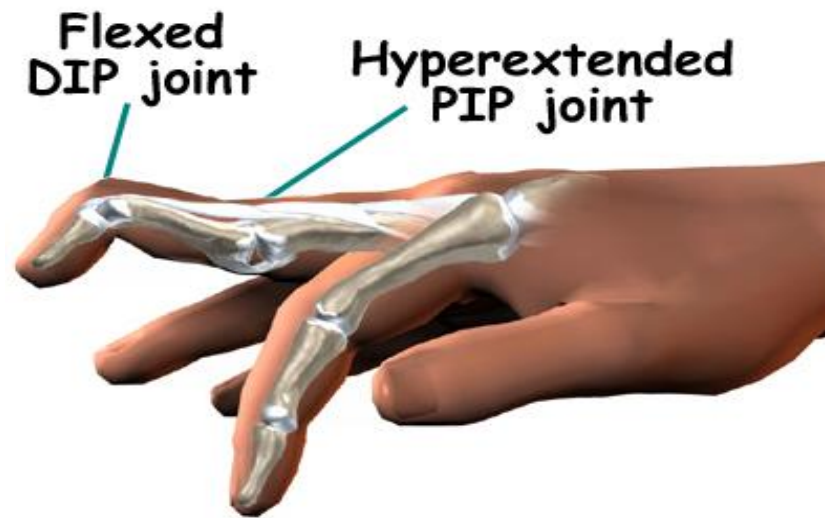
MCP Ulnar Drift → Volar Subluxation



Boutonniere Deformity



Swan Neck Deformity



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Occupational Therapy Evaluation



- ID data • Chief complaints
- History
- Observation – appearance of joints for heat, redness, edema, deformity, skin, joint enlargement, rheumatoid nodules • ROM and end feels • ROM
- Muscle strength.
- Grip strength:
- ROM: focus on AROM
- ADLs and role activities
- Edema: volumetr or the measure

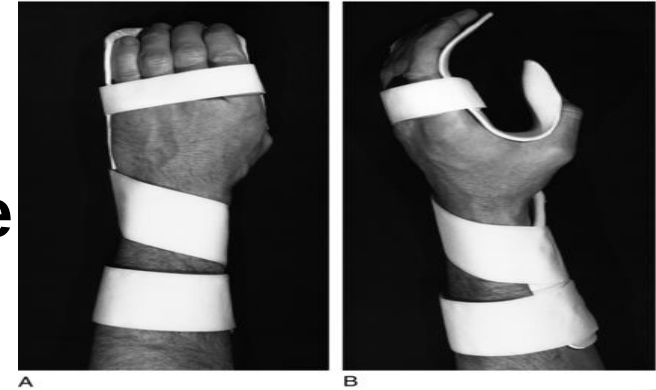


Occupational Therapy Intervention



Splinting.

a) Resting hand splint in the acute stage



a) Wrist splint only if arthritis specific to wrist



a) Ulnar drift splint to prevent deformity



Splinting

a) Silver ring splints to prevent boutonniere and swan neck deformities



a) Hand base thumb splint for CMC arthritis.



Continue intervention



2. Joint protection techniques

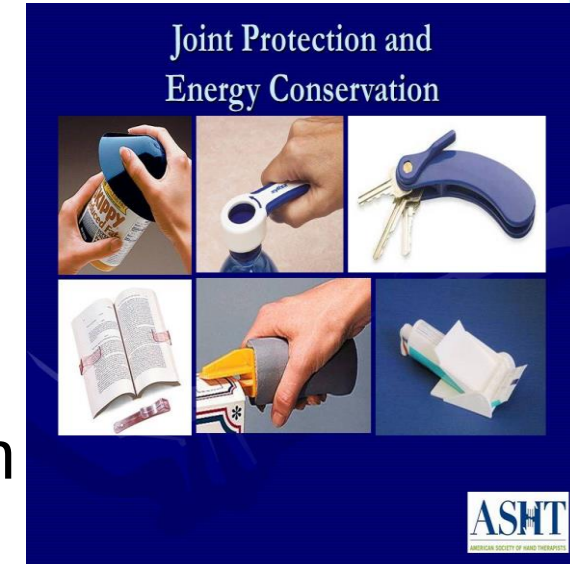
3. ROM: focus on AROM

4. Strengthening.

- a. avoid during inflammatory stage
- b. Gentle strengthening while avoiding position

5. ADLs and role activities

- a. Joint protection and energy conservation techniques should be incorporated
- b. Adaptive equipment should be provided to prevent deformity. Decrease stress on small joints and extend reach.





Active range of motion



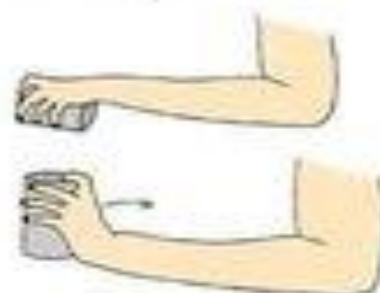
Wrist stretch



Tendon glides



Wrist flexion exercise



Wrist extension exercise



Grip strengthening

Thank You