

Looped, Locked, and Flexor Carpi Radialis Loaded: A Surgical Technique for Thumb Carpometacarpal Arthroplasty With Ligament Reconstruction and Tendon Interposition

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Basilar thumb arthritis is a common condition encountered by hand surgeons. Many patients with basilar thumb arthritis, including low-demand patients, often will progress to surgical treatment after failed nonsurgical treatment. Although many techniques have been described in previous literature, no technique currently yields superior outcomes; therefore, surgical technique is based on surgeon preference. The technique described in this video involves trapeziectomy with ligament reconstruction and tendon interposition with the use of the flexor carpi radialis tendon to reduce the first metacarpal base to the second metatarsal base, with a tenodesis screw placed at the first metacarpal base to maintain reduction. In addition to tendon interposition in the trapezoidal cavity, a tenodesis screw may prevent proximal migration and subsidence of the first metacarpal, with increased grip and key pinch strength.