

Intraarticular Steroids, Saline and Occupational Therapy in People With CMC1 Osteoarthritis

NCT06084364

Status	RECRUITING
Phase	Phase 4
Sponsor	Diakonhjemmet Hospital
Enrollment	354 participants

Key Eligibility Criteria

Inclusion (6)

- \- Adult (40-85 years of age) men and women
 - In target CMC-1 joint:
 - OA confirmed by radiographs or ultrasound examination, and
 - Inflammation by ultrasound (grey scale synovitis grade 1-3), and
 - Pain of at least 3 on a 0-10 Numeric Rating Scale (NRS) at rest or during activities at both pre-screening and screening.
- ... and 1 more (see full listing online)

Exclusion (20)

- Use of thumb orthosis on most of the days or structured hand exercises in the last 12 weeks
 - Intraarticular injections in the target CMC-1 joint in the last 12 weeks
 - More than 3 previous IACS in the target CMC-1 joint
 - Use of oral, intramuscular or intravenous steroids in the last 12 weeks
 - Previous surgery of the target CMC-1 joint
- ... and 15 more (see full listing online)

Locations (6 total)

Nordlands Hospital, Bodø, Norway
Haugesund Rheumatism Hospital, Haugesund, Norway
Diakonhjemmet Hospital, Oslo, Norway
... and 3 more locations