

MARIA H.

Musician, Vocal Coach/Piano Teacher, Sports Therapist, Triathlete, Rock Climber/Hiker
 Hampshire, England



Thumb arthritis and joint subluxation kept Maria in constant pain during work and play, since she relies heavily on her hands for nearly all her activities.

"I don't know how to put in words how thrilled I am with the Cartiva[®] implant."

"As a musician (piano, guitar, singer), I have played several gigs a week for over 30 years. I have also worked as a vocal coach and piano teacher, so accompanying my vocal students and being able to play music for my piano students is critical.

In the mid 90s, I received a degree in sports therapy and at the same time, qualified for triathlon championships. The combination of gripping my bike's handlebars and performing deep tissue massage on clients put a lot of additional pressure on the trapezium and scaphoid at the base of my thumb, until the pain forced me to give up my main job and my hobby. At this point, I could no longer pick up anything remotely heavy like a saucepan, or unscrew jars, wring out clothes or play the piano or guitar. Over the counter pain meds took the edge off but wouldn't relieve the constant ache in my hand.

Eventually I saw a specialist who told me I was a candidate for the Cartiva[®] GRIP 1 Clinical trial to replace the cartilage in my thumb joint. I had my operation in May 2016 and **my flexibility returned within a couple of months**. I was determined to play the piano as soon as possible so I started to gently play scales on the piano. I am back to playing the guitar as well, and I have hiked for 6-7 hours at a time using walking poles, and feeling **confident in my grip strength again**.

I didn't realize how miserable the pain was making me until it was no longer there. I thought I would have to give up my jobs and doing things I loved because of the issues with my right hand. That didn't happen though and **I'm very thankful.**"

The results reported by this patient may not be typical and cannot be predictive of other patient outcomes. Individual results and activity levels after surgery vary and depend on many factors including age, weight, severity of disease, and prior activity level. Visit Cartiva.net for more information.

Cartiva's Synthetic Cartilage Implant is not approved for use in the 1st CMC joint in the United States. Currently only available for use in Europe and Canada.