THE DUBERT PROCEDURE FOR FIFTH CMC JOINT ARTHRITIS

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INTRODUCTION
Arthritis produces pain and compromises the flexibility of the transverse metacarpal arch which impedes functional activities such as hand shaking and grasping a hammer. It has previously been treated with fifth metacarpo-hamate arthrodesis. Fifth metacarpo-hamate arthrodesis removes the normal mobility of the transverse metacarpal arch and leads to impaired function of the fifth metacarpal, with potential for metacarpal shortening, malrotation and reduced grip strength. Dubert reported at the Helsinki IFFSSH meeting in 1995 (Silastic Interposition graft: potential for instability and silicone synovitis) a technique of excision of the base of the fifth metacarpal with arthrodesis of it to the fourth metacarpal. We report our results using a modification to this technique.

OPERATIVE TECHNIQUE

Exposure
Longitudinal incision over the fifth CMC joint and protect the dorsal branch of the ulnar nerve. The peristomeum is incised over the base of the fifth metacarpal and reflected proximally to expose the fifth metacarpal, with potential for metacarpal shortening, malrotation and reduced grip strength.

Excision Arthroplasty of the metacarpo-hamate joint
The ECU tendon is retracted and the proximal 5mm of the fifth metacarpal is excised (Fig 1 and 2).

Arthrodesis of the base of the fourth to the fifth metacarpal
The articular facets of the fourth to fifth metacarpal joint are excised to subchondral bone (Fig 3). The bases of the fourth and fifth metacarpals are held with a bone holding clamp and care is taken to ensure a satisfactory rotation, alignment and length of the fifth metacarpal (Fig 4).

One or two 2.7mm cortical lag screws are placed just distal to the CMC joint to fix the fifth to the fourth metacarpal. (Fig 5,6 and 7). Fluoroscopy is used to confirm the position of the fixation.

Autogenous cancellous bone graft is added. The dorsal periosteal/capsular flap is sutured to the volar joint capsule to act as an interposition graft between the fifth metacarpal and the hamate.

Post-operative management
Ulnar gutter plaster of Paris splint is applied for 3 weeks followed by mobilisation with buddy taping.

RESULTS
Three months post-operatively the pain score (0-10) of case 1 had improved from 6 to 0. Grip strength was 39 kg, compared to 50 kg for the dominant right side. He was able to comfortably perform activities of daily living and ride his motorbike.

Seven months postoperatively the pain score of case 2 had improved from 6 to 1. There was an improvement in grip strength from 28 kg to 50 kg, compared to 42 kg for the opposite nondominant wrist. He could now comfortably shake hands.

Both patients were satisfied and had a good cosmetic appearance without malalignment, malrotation or shortening of the fifth ray. The fifth metacarpal was stable to the transverse metacarpal arch preserved. There was flexion/extension on the ulnar side of the hand through the fourth CMC joint (Fig 4). Range of motion at the wrist was full and pain-free. Radiographs confirmed union between the fourth and fifth metacarpal bases (Fig 5). There were no infections or neurological complications.

ADVANTAGES
1) Eliminates pain with resection of the base of the fifth metacarpal.
2) The inter-metacarpal fusion stabilises the fifth metacarpal, the transverse metacarpal arch and maintains length, rotation and alignment of the fifth ray.
3) The motion of the ulnar side of the hand is via the fourth CMC joint.

REFERENCES