

Rizoartrosi del pollice in stiratrici professionali

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KEY WORDS

Rhizoarthrosis; thumb; female ironers; repetitive strain injuries; ergonomics

SUMMARY

«Rhizarthrosis of the thumb in ironers». Background: *Rhizarthrosis of the hand secondary to job-related static-dynamic stress is a rare occupational condition characterised by secondary osteoarthrosis.* Objectives: *We report 5 clinical cases of female ironers employed in small-scale laundries, who after more than 10 years on the job developed pain in the right thumb. Disease onset may have been favoured by the continuous functional stress exerted on the joint.* Methods: *Clinical examination, hand X-rays and ultrasonography of the trapezio-metacarpal joint led to the diagnosis of rhizarthrosis. The electromyographic and biomechanical analysis of work tasks was conducted by simulating normal ironing activity.* Results: *Patient history and electromyographic and biomechanical data showed a close causal relationship between age, job and diagnosis.* Conclusions: *In the case of workers over 50 years of age whose jobs have the characteristics described here, Finkelstein's test should be performed on occasion of occupational health surveillance to screen for the arising of the disease.*