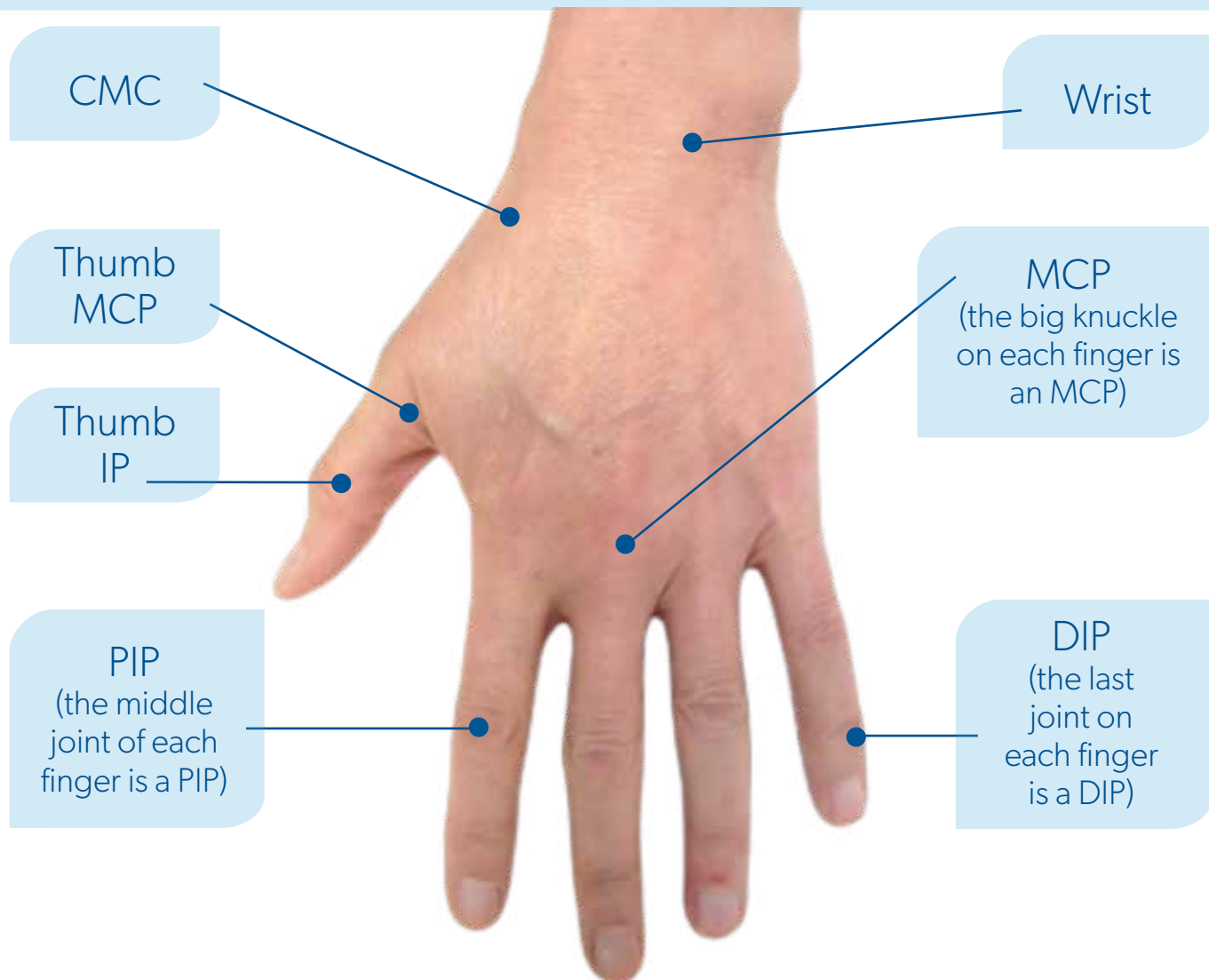
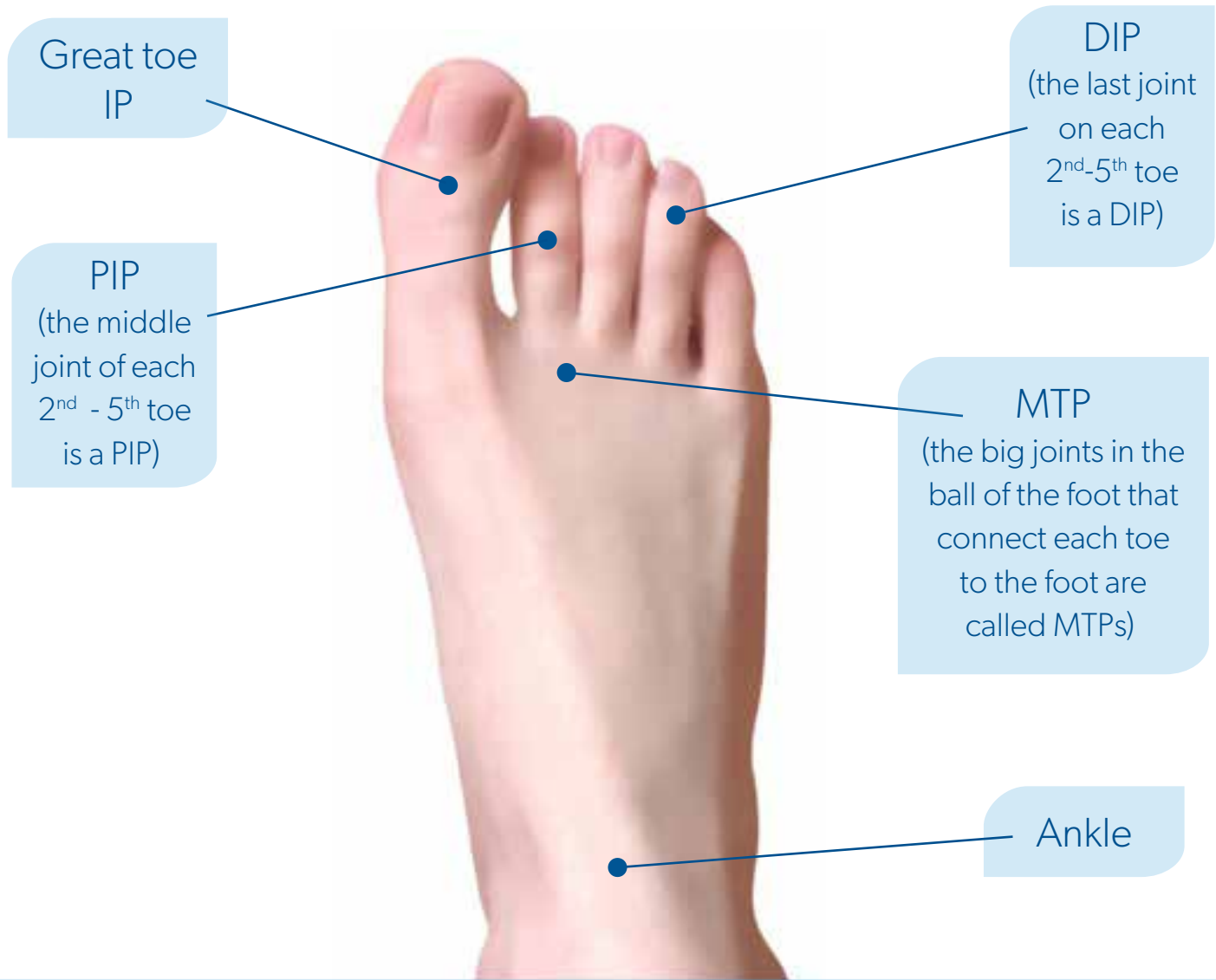


Virtual Visit Joint Identification Guide for Hands and Feet



When describing your arthritis symptoms to a healthcare professional, it can help to use the same language as your healthcare provider. Our hands and feet have many joints and each type of joint has a specific name. Use this guide to describe which joints are tender or swollen during your virtual visits. Remember to identify right or left, thumb or finger (or great toe or toe) and the number of the finger/toe. With fingers, using index/middle/ ring and pinky works best. For toes, use numbers such as great toe, 2nd toe, 3rd toe, 4th toe, pinky toe.





- ▼ CMC: Carpometacarpal joint
- ▼ MCP: Metacarpophalangeal joint
- ▼ IP: Interphalangeal joint
- ▼ DIP: Distal interphalangeal joint (distal = further from the body)
- ▼ PIP: Proximal interphalangeal joint (proximal = closer to the body)
- ▼ MTP: Metatarsophalangeal joint