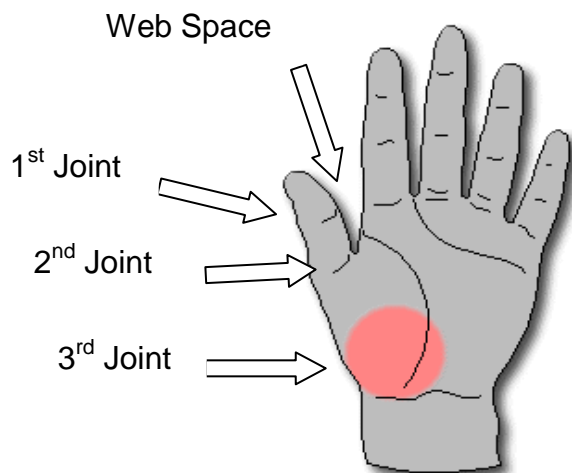




Hand Therapy

Stretches and Exercises for Thumb Arthritis

These stretches and exercises will help you maintain flexibility and help with hand function



Do the exercises **slowly and gently**. As a general rule, expect to feel some achiness after exercise this should not last for more than 2 hours. Even on bad days, still do the exercises but do fewer repetitions. Increase repetitions **very gradually**.

These exercises should be done pain free. Please follow the advice of your therapist.

Continued on next page.



Patient Information

NB: When doing these exercises, do not over extend or over stretch the 2nd joint.

Please do _____ repetitions _____ a day.



1
Interlock your thumb web spaces together. Holding the thumb, massage the affected thumb web space area



2
Place hands in front of your body. Use the other hand to grasp the affected thumb at the 3rd joint, and pull.



3
Put your hands in front of your chest. Grasp the affected thumb, at the 3rd joint, with your other hand. Stretch the web space and pull away from the chest

Exercises for thumb arthritis

Do the exercises **slowly and gently**. As a general rule, expect some achiness after exercise but it should not last for more than 2 hours. Even on bad days, still do the exercises but do fewer repetitions. Increase repetitions **very gradually**.

Please follow the advice of your therapist.

Please do _____ repetitions _____ a day.

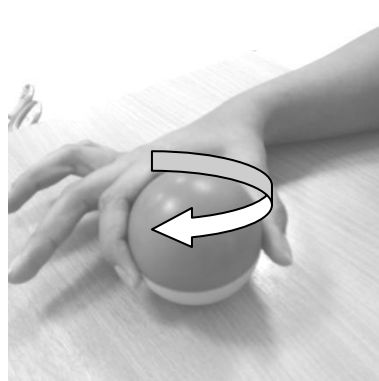
N.B: Please make sure during ALL these exercise that the top 2 joints on your thumb are bent.



1
Keeping your thumb on the table with the top 2 joints bent bring the thumb gently in and out as if playing the piano



2
With your hand on the table, pretend your thumb is the mouth on a puppet. Open but do not fully close.



3
Hold the ball between your 1st finger and thumb and turn the ball clockwise. (Turn anti-clockwise if it is your left thumb that is affected)

Patient Information



4
Make an 'O' shape and use the unaffected hand to support the position. Keep that 'O' shape position without support.



5
Curl the first finger and lift the finger upwards using the unaffected hand to gently resist that movement.

For further information, please contact the Hand Therapy team on 024 7696 6016.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6016 and we will do our best to meet your needs. For further information please visit our hand service web site <http://tinyurl.com/uhcwband>

The Trust operates a smoke free policy.

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