

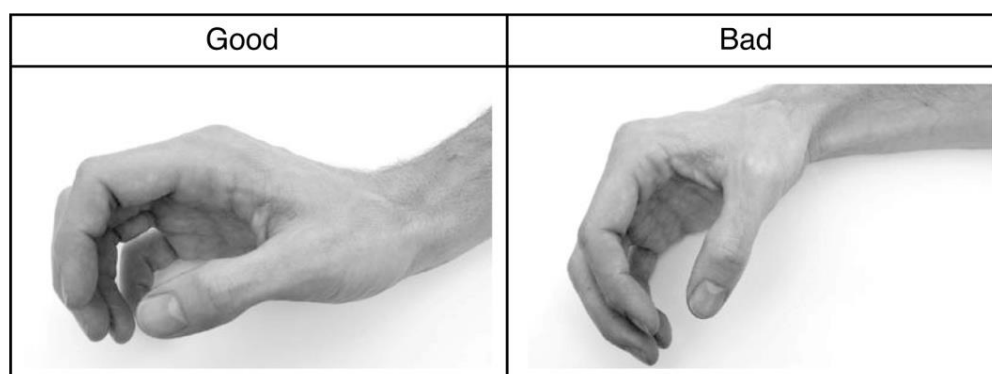
## Patient information

### Early Stage Rehabilitation Patient Exercises for Osteoarthritis of the Thumb

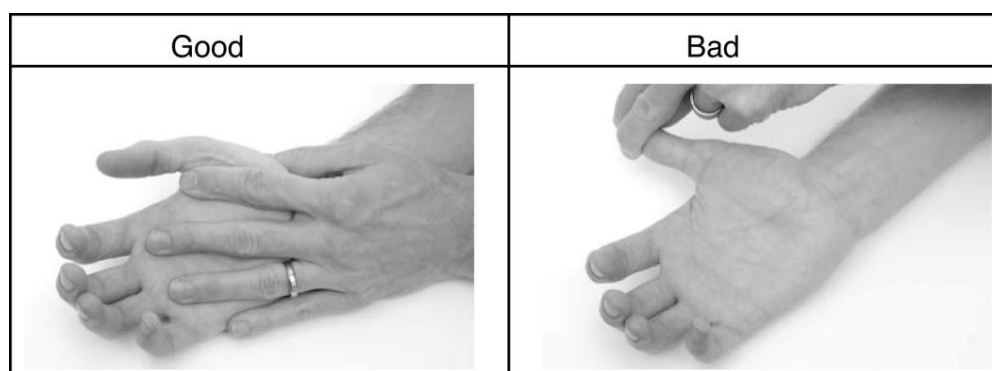
#### Hand Therapy Department - Therapies

These exercises are designed to produce increased function and mobility in your thumb. Performing the exercises correctly can help to reduce the pressure on specific joints of your thumb and allow more pain free movement.

The exercises should be performed frequently and with no resistance. All exercises should be performed with the wrist held in the extended position see below:



In osteoarthritis affecting the thumb, it is common for the muscles at the base of the thumb to shorten. The first exercise is to increase the flexibility of the muscles by stretching the web space. **You should be careful not to overstrain the joint.**



### Exercise 1b

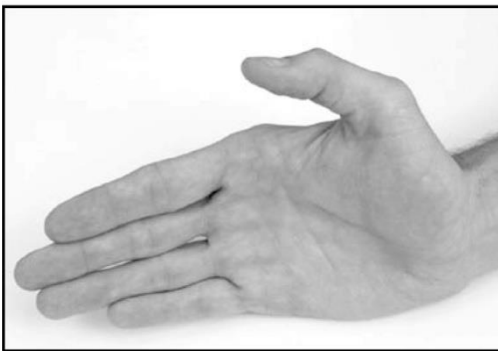
Imagine you are grasping a ball, keep both joints of your thumb bent and on show. Maintain for ten seconds. Perform three sets of ten.



### Exercise 1c

Rest your little finger side of your hand on the table, perform a hitchhike manoeuvre with your thumb but keep the top joint bent.

Hold for five seconds and repeat three sets of ten.



### Exercise 1d

Hold a pen without any force being applied to the pen, keep your wrist back and the top joint of your thumb bent.



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Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others.

Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## Further information

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