

## Patient information

### **Late-Stage Rehabilitation Exercises for Osteoarthritis of the Thumb**

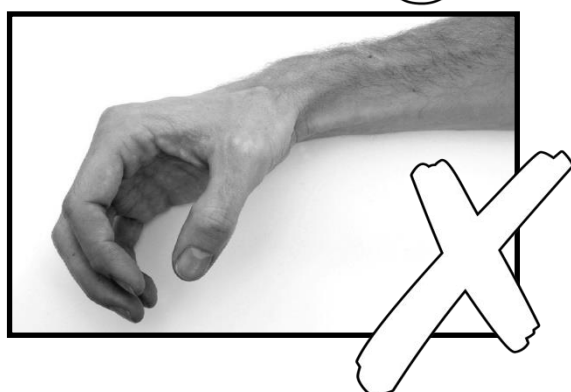
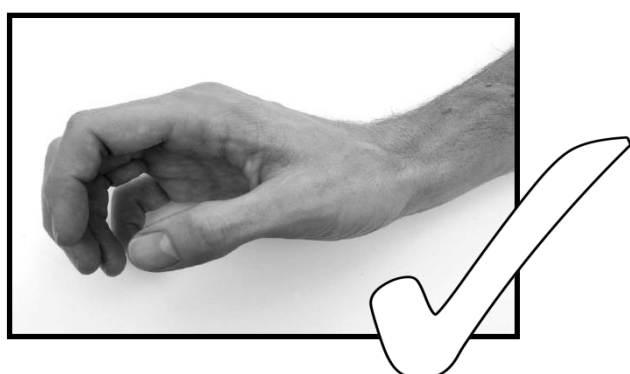
#### Therapies Department

Once your physiotherapist is satisfied you have achieved adequate stability at the base of the thumb, you are ready to commence the exercises outlined below.

All exercises must be performed as demonstrated in the pictures, if you have any questions please speak to your physiotherapist.

Continue with the previous soft tissue release and stretches that you were doing on your web space.

All exercises should be performed with your wrist in the extended position as below.



## Exercise One

Take hold of a key using the pinch grip identified in the early stage rehabilitation exercises.

Your top and middle thumb joint must stay bent during the exercise (see below). Slowly increase the pressure of your pinch as you feel able/comfortable.

Perform ten repetitions.

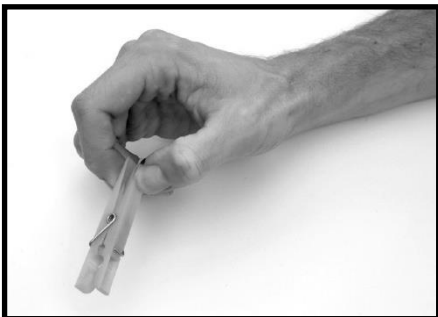
Maintain this pinch position when using the key to open doors.



## Exercise Two

Using the pinch grip already demonstrated, take hold of a clothes peg and squeeze in a slow and controlled manner whilst keeping your top joint of the thumb bent.

Perform ten repetitions.



## Exercise Three

Using the same pinch position, grasp hold of some yellow theraputty and perform the pinching activities in a slow and controlled manner.



The following exercises are a harder as the elastic band adds resistance, if any of the above exercises are painful or you cannot keep the C shape **do not** progress to exercise four.

#### **Exercise Four**

Wrap an elastic band around your fingers and thumb as shown in the diagram, pull your thumb away from your fingers in a slow and controlled manner whilst keeping the C shape and the top joint of your thumb bent.

The exercise can be progressed by increasing the strength of the elastic band. Perform ten repetitions.



#### **Exercise Five**

Wrap the elastic band around the ball/orange and fingers as shown.

Thumb and fingers should be relaxed on the ball, then straighten and lift your index finger up off the ball in a slow and controlled manner whilst keeping the C shape of the thumb on the ball. Then take the index finger out to the side away from middle finger.



The exercise can be progressed by increasing the strength of the elastic band.

Perform ten repetitions.

#### **Feedback**

Your feedback is important to us and helps us influence care in the future.

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

### Broadgreen Hospital

Hand therapy department

Tel: 0151 282 6246

Text phone number: 18001 0151 282 6246

### Aintree Hospital

Hand therapy department

Tel: 0151 529 8049

Text phone number: 18001 0151 529 8049

## Useful websites

[https://www.bssh.ac.uk/patients/conditions/24/basal\\_thumb\\_arthritis](https://www.bssh.ac.uk/patients/conditions/24/basal_thumb_arthritis)

<https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-of-the-hand-and-wrist/>

**Author: Hand Therapy Dept/ Therapies**

**Review date: April 2027**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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