

Osteoarthritis of the first CMC Joint

Level 1 Thumb Exercises

**Aim to do all exercises four times a day.
Do not start this programme while in an active flare up.
Do not proceed to level 2 until you can complete level 1 pain free.**



Place your hand and palm on the table. Use your other hand to firmly grip the base of the affected thumb. Gently stretch the thumb, keeping it relaxed, out to the side, away from the palm. Hold for 10 seconds, repeat 3 times.



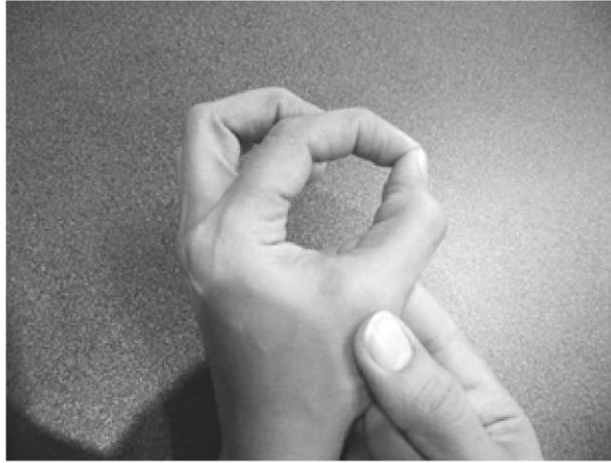
Place your hand palm down on the table. Keeping the tip of your thumb bent, slide your thumb out to the side along the table as far from the index finger as you can. Hold for 5 seconds, repeat up to 3 sets of 10.



Rest the little finger side of your hand on the table. Keeping the tip of your thumb bent, perform a hitch hike manoeuvre with your thumb. Hold for 5 seconds. Repeat up to 3 sets of 10.



Rest your hand palm down on the table. Keep the tip of your thumb bent. Place a pen or your finger against the side of your index finger. Now push the index finger on the table against the resistance of the pen or your other finger for a count of 10. Repeat 5-10 times.



Touch the tip of your thumb to the tip of your index finger to make an “O” shape. Hold the base of your thumb with your other hand as shown to stabilise it. Pinch gently for 5-10 seconds. Repeat 5-10 times.

Reference: The content of this leaflet has been adapted with permission from Northwick Park Hospital



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