

Osteoarthritis of the first CMC Joint

Level 2 Thumb Exercises

**Aim to do all exercises four times a day.
Only attempt level 2 if you are completing level 1 without any pain.**



Rest the little finger side of your hand on the table with your wrist slightly extended. Place a rubber band around your fingers and your thumb. Stretch the band slowly by lifting the thumb upwards as far as possible, keeping the tip of the thumb either slightly bent or neutral. Ensure that your wrist doesn't bend forward during the exercise. Hold the thumb up for 5 seconds, then lower slowly. Repeat 10 times.



Keep your wrist slightly extended. Squeeze some putty or sponge between the pulps of your index finger and thumb. Keep the tip of your thumb slightly bent to maintain an "O" shape. Repeat 10 times.

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



Professor M. A. Imam
MD, D.SportMed, PhD, FRCS (Tr and Orth)
Subspecialist in Upper limb and Complex trauma reconstruction
Tel: 020 3384 5588
info@thearmdoc.co.uk
www.thearmdoc.co.uk
