

Osteoarthritis of the first CMC Joint

Level 3 Thumb Exercises

Only attempt level 3 if you have completed both level 1 and level 2 without any pain. The focus of these activities is to develop new habits for improved joint positioning in activities of daily living.

Practice activities which involve pinching, such as

- writing
- holding plates
- opening clothes pegs
- tearing sheets of paper.

Make sure to keep the tip of your thumb bent and your wrist extended during these activities.

Practice activities that involve turning or twisting, such as

- putting nuts on bolts
- turning keys in locks
- undoing jar taps
- turning taps.

Again, make sure to keep the tip of your thumb bent. Also ensure that your thumb doesn't cross in front of your palm.

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



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