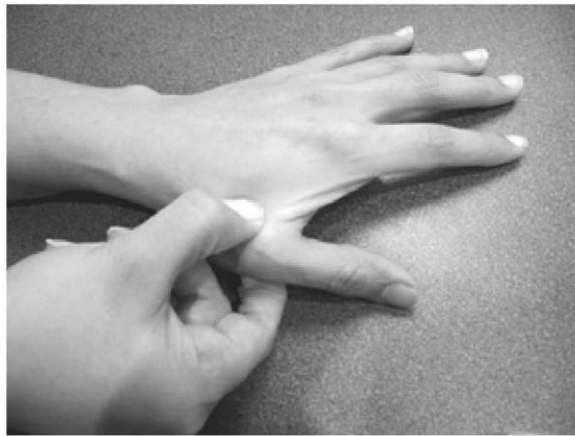


Osteoarthritis of the first CMC Joint

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.



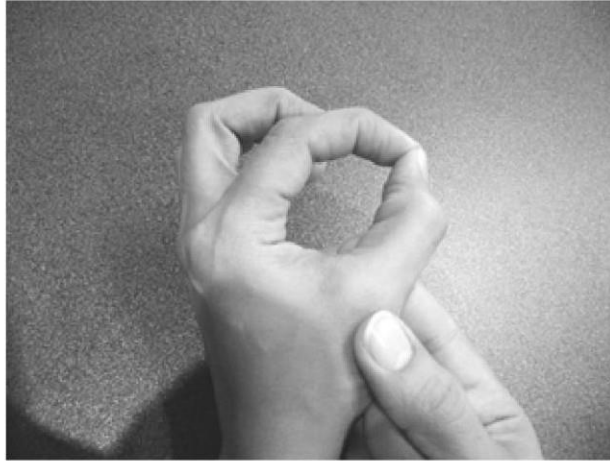
Place your hand palm down on the table. Keeping the tip of your thumb bent, slide your thumb out to the side along the table as far from the index finger as you can. Hold for 5 seconds, repeat up to 3 sets of 10.



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

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.

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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 Hospit