

Exercise plan:
De Quervains exercises - EASY

Patient:
CHCP WEBSITE EXERCISES

Date:
12th Aug 2022

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

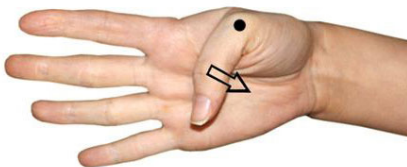
There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.

Thumb Flexion Active CM

Bend your thumb downwards from the main thumb joint. This exercise will help mobilise your thumb.

Sets: frequently through the day | Repetitions: up to 10-15

Video: <http://youtu.be/685j4hzFVwc>



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Thumb Extension

Place your hand in front of you with your thumb placed next to your fingers. Extend your thumb backwards.

Sets: frequently through the day | Repetitions: up to 10-15

Video: http://youtu.be/A_BqRfZ3kCo



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Thumb Extension on Table

Place your hand in front of you on a table. Extend your thumb backwards by lifting it off the table. This will help improve thumb mobility.

Sets: frequently through the day | Repetitions: up to 10-15

Video: <https://youtu.be/2YGg--09viw>