

Exercise plan:  
**De Quervains exercises -  
MODERATE**

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.

### **Abductor Pollicis Longus Strengthening**

Place your hand in front of you, and hold your opposite finger against your opposite thumb. Try to push your thumb away from the midline of your hand, but using your opposite finger to resist the movement.

**Sets: several times per day | Repetitions: up to 10 | Time: 3 second hold**

Video: [http://youtu.be/3\\_8SlqWZ8w4](http://youtu.be/3_8SlqWZ8w4)

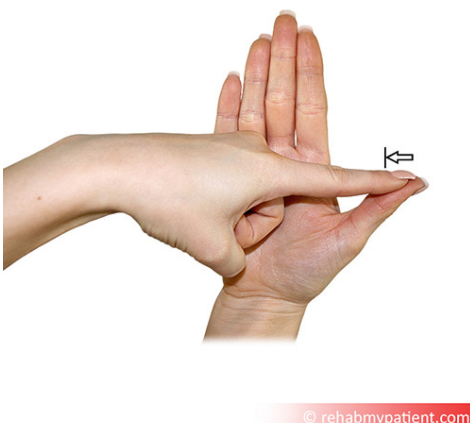


### **Adductor Pollicis Thumb Adduction**

Hook a finger of your opposite hand around your thumb. Resist moving your thumb inwards towards your other fingers. This exercise strengthens the adductor Pollicis muscle.

**Sets: several times per day | Repetitions: up to 10 | Time: 3 second hold**

Video: <http://youtu.be/FCayWbsOeN4>

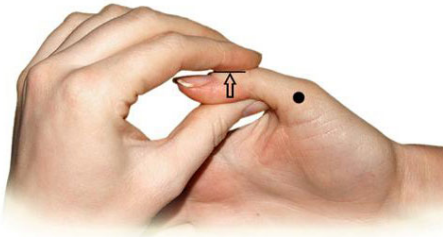


### Isometric Thumb Extension

Place your index and middle finger around your injured thumb. Bring your thumb upwards against the resistance. This exercise will help increase the strength of your thumb tendons.

**Sets: several times per day | Repetitions: up to 10 | Time: 3 second hold**

Video: <http://youtu.be/JlNiPRTe4Rw>



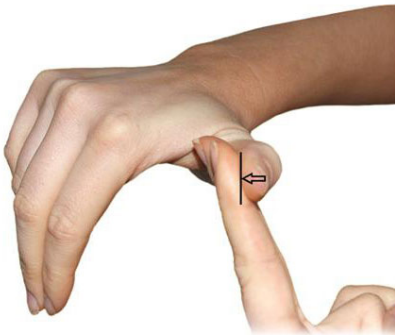
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### Isometric Thumb Flexion

Place your thumb on the tips of two fingers. Push against the resistance of your fingers. This exercise will help increase the strength of your thumb tendons.

**Sets: several times per day | Repetitions: up to 10 | Time: 3 second hold**

Video: <http://youtu.be/eBsDhb9Ov70>



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