

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

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.

### **Finger/Thumb Abduction Band**



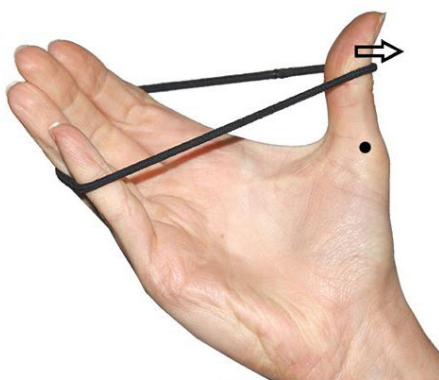
Wrap an elastic band around your fingers and thumb. Pull your fingers and thumb apart from each other, against the resistance of the band. This exercise will help strengthen your joints.

**Sets: several times per day | Repetitions: up to 10 | Time: slow steady movement**

Video: <http://youtu.be/5kp45nPJxa8>

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### **Thumb Extension - Band**



Place an elastic band around your fingers and thumb. Move your thumb away from your fingers against the resistance of the band to strengthen your thumb tendons.

**Sets: several times per day | Repetitions: up to 10 | Time: slow steady movement**

Video: <http://youtu.be/0me9b2KjkbC>

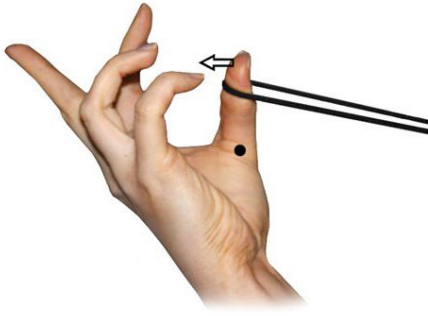
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## Thumb Opposition - Band

Place an elastic band around the tip of your thumb. With your free hand hold the other end of the band. Move your thumb towards your little finger, against the resistance of the band. This will help strengthen your thumb.

**Sets: several times per day | Repetitions: up to 10 | Time: slow steady movement**

Video: [http://youtu.be/wJr6OMT\\_\\_6o](http://youtu.be/wJr6OMT__6o)



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## Abductor Pollicis Brevis Band

Place your hand in front of you, and cut a thin strip of exercise band. Tie the band around your thumb and hold the opposite end with your other hand. Move your thumb away from your fingers to abduct the thumb. The band will provide resistance to strengthen the abductor Pollicis longus.

**Sets: several times per day | Repetitions: up to 10 | Time: slow steady movement**

Video: <http://youtu.be/gUooutTt2tc>



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