

Exercise plan:
Thumb osteoarthritis 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 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



Thumb Extension on Table

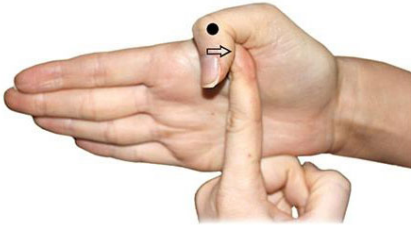
Place your hand in front of you on a table. Extend your thumb backwards by lifting it off the table. This will help improve thumb mobility.

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

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

Thumb Flexion Active IP

Place your index finger underneath the middle of your injured thumb. Bend the top joint of your thumb. This exercise will help mobilise your thumb.

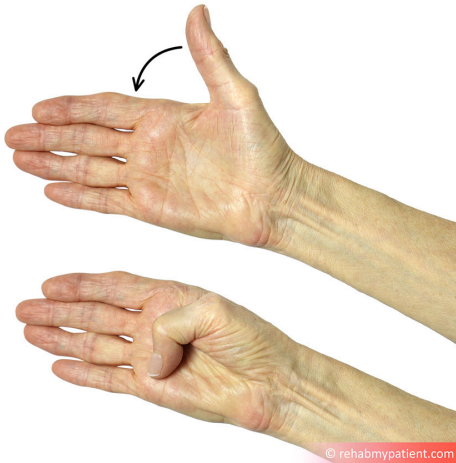


Sets: frequently through the day | Repetitions: up to 10-15

Video: <http://youtu.be/VxUVY4UsGTQ>

Thumb Flexion and Extension

Bend your thumb downwards towards your palm and return to the start position. Repeat as required. This exercise will help mobilise your thumb.

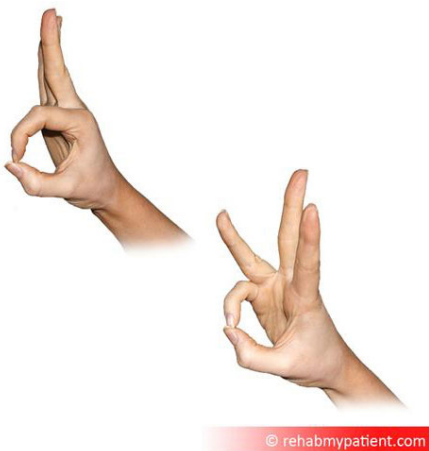


Sets: frequently through the day | Repetitions: up to 10-15

Video: <https://youtu.be/voAQ8RnojLQ>

Thumb Opposition - Proprioception

Move your thumb to touch the tip of your index finger, pinch them together, then release. Repeat for every finger. To progress, do it with your eyes shut. This will help build co-ordination in your hand.



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

Video: <http://youtu.be/BSyip8aUsqI>