

PA/ Secretary to Mr. M A Imam  
Dial: 020 3384 5588

PA: [MrImam@theclinic.co.uk](mailto:MrImam@theclinic.co.uk)  
Email: [Info@thearmdoc.co.uk](mailto:Info@thearmdoc.co.uk)

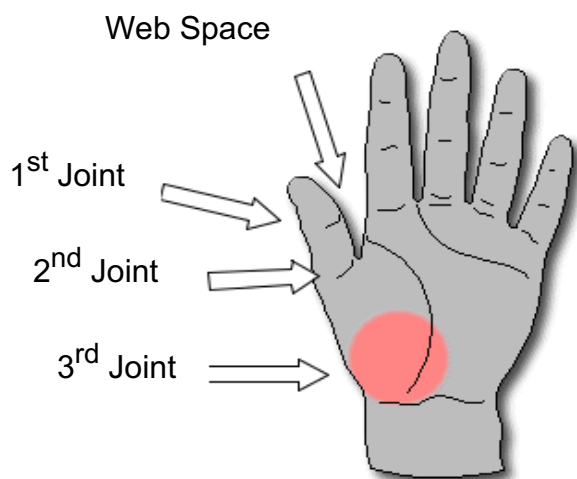
**Mr. M. A. Imam**  
MD, D.SportMed, Ph.D., FRCS (Tr and Orth)  
Subspecialist in Upper limb and Complex trauma reconstruction  
[www.theARMdoc.co.uk](http://www.theARMdoc.co.uk)

Surrey and London, UK

## Hand Therapy

# Stretches and Exercises for Thumb Arthritis

**These stretches and exercises will help you maintain flexibility and help with hand function**



Do the exercises **slowly and gently**. As a general rule, expect to feel some achiness after the workout. This should not last for more than 2 hours. Even on bad days, still do the exercises but do fewer repetitions. Increase repetitions **very gradually**.

These exercises should be done pain-free. Please follow the advice of your therapist.

Continued on the next page.

## Patient Information

**NB: When doing these exercises, do not over extend or over stretch the 2<sup>nd</sup> Joint.**  
Please do \_\_\_\_\_ repetitions \_\_\_\_\_ a day.



1  
Interlock your thumb web spaces together. Holding the thumb, massage the affected thumb web space area



2  
Place hands in front of your body. Use the other hand to grasp the affected thumb at the 3<sup>rd</sup> Joint, and pull.



3  
Put your hands in front of your chest. Grasp the affected thumb, at the 3<sup>rd</sup> Joint, with your other hand. Stretch the web space and pull away from the chest

### Exercises for thumb arthritis

Do the exercises **slowly and gently**. As a general rule, expect some achiness after exercise but it should not last for more than 2 hours. Even on bad days, still do the exercises but do fewer repetitions. Increase repetitions **very gradually**.

Please follow the advice of your therapist.

Please do \_\_\_\_\_ repetitions \_\_\_\_\_ a day.

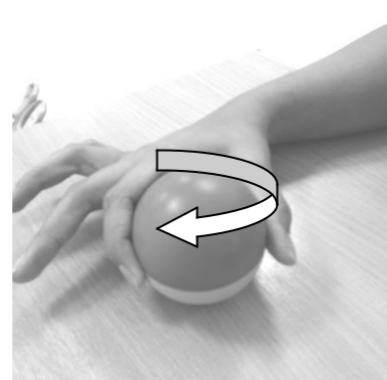
**N.B: Please make sure during ALL these exercise that the top 2 joints on your thumb are bent.**



1  
Keeping your thumb on the table with the top 2 joints bent bring the thumb gently in and out as if playing the piano



2  
With your hand on the table, pretend your thumb is the mouth on a puppet. Open but do not fully close.



3  
Hold the ball between your 1<sup>st</sup> finger and thumb and turn the ball clockwise. (Turn anti-clockwise if it is your left thumb that is affected)



**THE ARM DOC**



**4**

Make an 'O' shape and use the unaffected hand to support the position. Keep that 'O' shape position without support.



**5**

Curl the first finger and lift the finger upwards using the unaffected hand to gently resist that movement.



**THE ARM DOC**



THE ARM DOC

[www.TheArmDoc.co.uk](http://www.TheArmDoc.co.uk)

Patients first • Personal responsibility • Passion for excellence • Pride in our team