

Arthritis of Thumb Exercises

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How to do the exercises

Thumb IP flexion



slide 1 of 3, Thumb IP flexion,

1. Place your forearm and hand on a table with your affected thumb pointing up.
2. With your other hand, hold your thumb steady just below the joint nearest your thumbnail.
3. Bend the tip of your thumb downward, then straighten it.
4. Repeat 8 to 12 times.
5. Switch hands and repeat steps 1 through 4, even if only one thumb is sore.

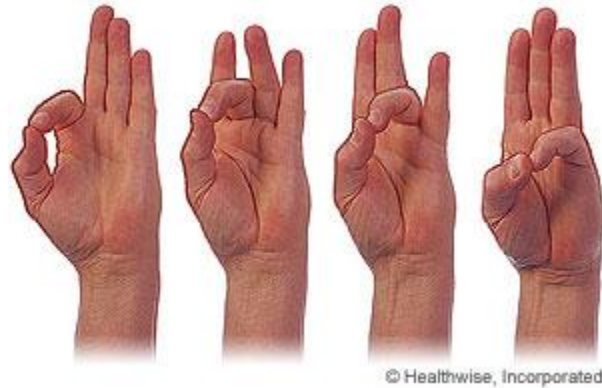
Thumb MP flexion



slide 2 of 3, Thumb MP flexion,

1. Place your forearm and hand on a table with your affected thumb pointing up.
2. With your other hand, hold the base of your thumb and palm steady.
3. Bend your thumb downward where it meets your palm, then straighten it.
4. Repeat 8 to 12 times.
5. Switch hands and repeat steps 1 through 4, even if only one thumb is sore.

Thumb opposition



slide 3 of 3, Thumb opposition,

1. With your affected hand, point your fingers and thumb straight up. Your wrist should be relaxed, following the line of your fingers and thumb.
2. Touch your affected thumb to each finger, one finger at a time. This will look like an "okay" sign, but try to keep your other fingers straight and pointing upward as much as you can.
3. Repeat 8 to 12 times.
4. Switch hands and repeat steps 1 through 3, even if only one thumb is sore.