

Thumb base arthritis

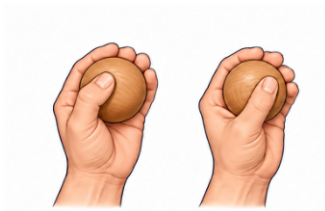
Reference / initials

Date

Side: ☐ Right ☐ Left ☐ Both

Perform only the exercises marked by your clinician. Follow the prescribed repetitions and frequency. Do not force movement. Stop if symptoms worsen; seek advice if they persist. Follow any surgery, fracture or splint restrictions.

01 Sweep your thumb across a ball



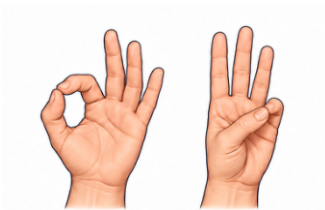
1. Hold the ball without squeezing it.
2. Slide your thumb from side to side across its surface while the other fingers keep it steady.

A lightweight ball. The aim is to slide, not squeeze.

Sets Repetitions Times/day

Equipment / adjustments:

02 Make an O shape



1. Touch each fingertip with your thumb to form an O shape.
2. Open your hand between contacts.

No equipment. Keep your thumb rounded; do not let it bend backwards.

Sets Repetitions Times/day

Equipment / adjustments:



Thumb base arthritis

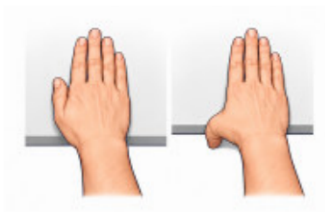
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Side: ☐ Right ☐ Left ☐ Both

Perform only the exercises marked by your clinician. Follow the prescribed repetitions and frequency. Do not force movement. Stop if symptoms worsen; seek advice if they persist. Follow any surgery, fracture or splint restrictions.

03 Slide your thumb over the table edge



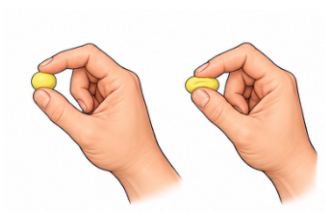
1. Rest your palm and wrist next to the table edge.
2. Move your thumb away from your hand and, if comfortable, gently lower it over the edge. Return to the starting position.

The edge of a table. Do not force the range of movement.

Sets Repetitions Times/day

Equipment / adjustments:

04 Pinch therapy putty



1. Gently press the putty between your thumb and a fingertip.
2. Keep an O shape, then release. Repeat with the indicated fingers.

Therapy putty with the prescribed resistance. Use resistance only when prescribed.

Sets Repetitions Times/day

Equipment / adjustments:



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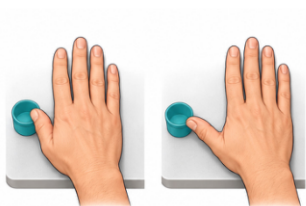
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Side: ☐ Right ☐ Left ☐ Both

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05 Push an object with your thumb ☐



1. Rest your palm and wrist on the table.
2. Move your thumb outwards to push the object away. Return without lifting your hand or turning your wrist.

A very light object. Use the object and load specified in your plan.

Sets Repetitions Times/day

Equipment / adjustments:

06 Squeeze a gripper against your palm ☐



1. Rest one handle of the gripper against your palm.
2. Use your four fingers to press the other handle towards it, then release slowly.

A hand gripper with the prescribed resistance. Keep your thumb free.

Sets Repetitions Times/day

Equipment / adjustments:



Thumb base arthritis

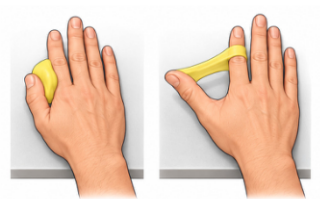
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Perform only the exercises marked by your clinician. Follow the prescribed repetitions and frequency. Do not force movement. Stop if symptoms worsen; seek advice if they persist. Follow any surgery, fracture or splint restrictions.

07 Move your thumb against putty



1. Move inwards: press putty between your thumb and the side of your hand.
2. Move outwards: gently open a loop of putty between your thumb and index finger. Perform only the prescribed variation.

Therapy putty with the prescribed resistance. The resistance should be adapted to your tolerance.

Sets Repetitions Times/day

Equipment / adjustments:

