

# Hand Therapy

## Thumb Osteoarthritis Exercises



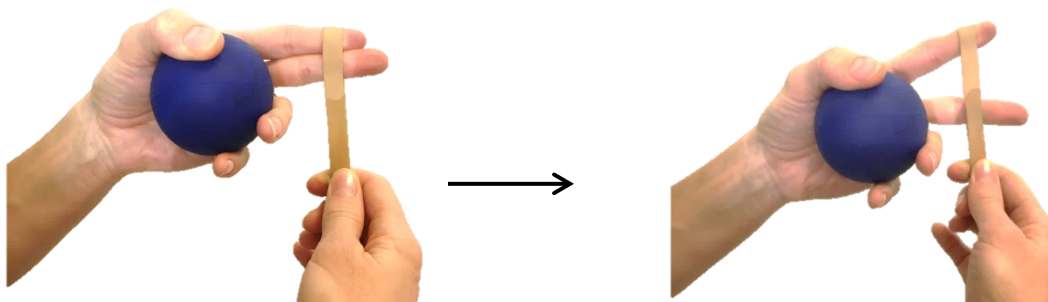
Your thumb is most stable in the 'O' position, with the joints slightly bent. Try to avoid positions of deformity i.e. when the thumb is shaped like a 'Z' or zig-zag. Only do the following exercises if they are not painful. Try to do them.....



1. Squeeze your whole hand around a firm ball (e.g. a tennis ball) avoid pressure on your finger tips.



2. Remove your index and middle fingers from the ball in a 'bunny ears' position. Squeeze the ball.



3. Hold an elastic band around your index and middle fingers. Move your index finger vertically up, away from your middle finger, then relax back down.

To contact us email: [qvh.handtherapy@nhs.net](mailto:qvh.handtherapy@nhs.net)

Alternatively phone: **01342 414072**

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Credit/Reference: Novel isometric exercises for the dynamic stability programs for thumb carpal metacarpal joint instability. Journal of Hand Therapy 30 (2017) 372 – 372.