



## South Eastern Hand Therapy

Bernadette Kelly  
Diane Hedin  
Amelia Clarke  
Annemarie Marshall

# Osteoarthritis of the base of thumb - Self Management

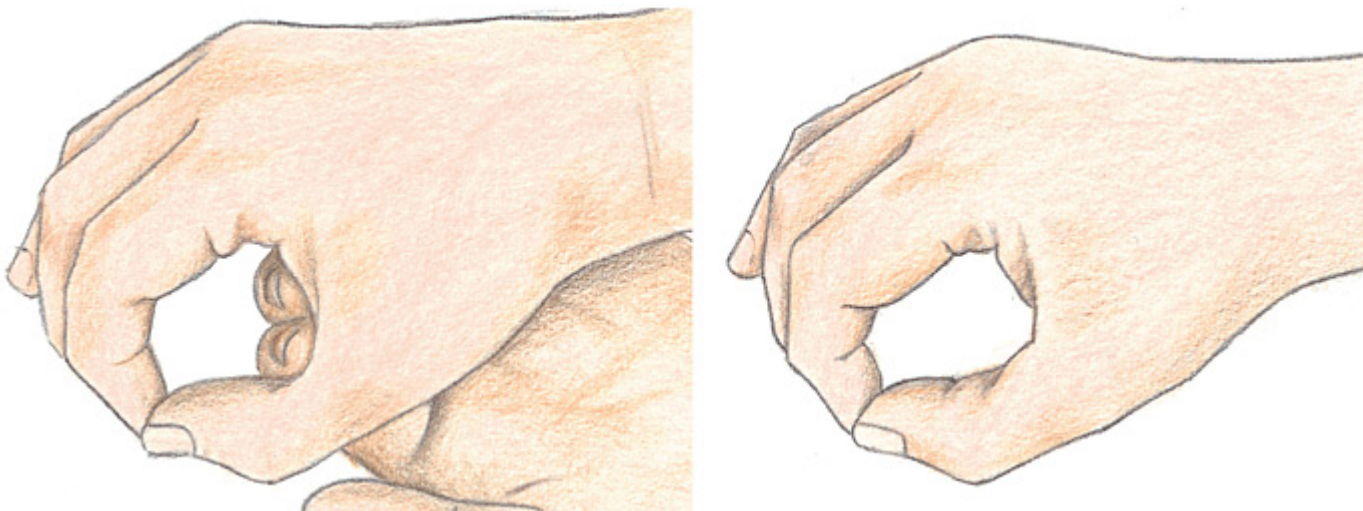
## Thumb Exercises

Doing the following stretching and strengthening exercises twice a day can help you maintain hand flexibility and stability of the thumb joint.

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### "Place and Hold"

This exercise trains your muscles to hold the thumb steady and not allow the middle joint to collapse. Touch the tip of your thumb to the tip of your index finger so that they form a circle. Support the middle joint of your thumb with your opposite hand so that the thumb joint is slightly bent. Pinch your fingertips together lightly and remove the supporting hand while maintaining the circle position. Gradually increase the force of the pinch until it feels as though the circle will collapse and the thumb will lose its bent position, and then relax your fingers. Do this 10 times.



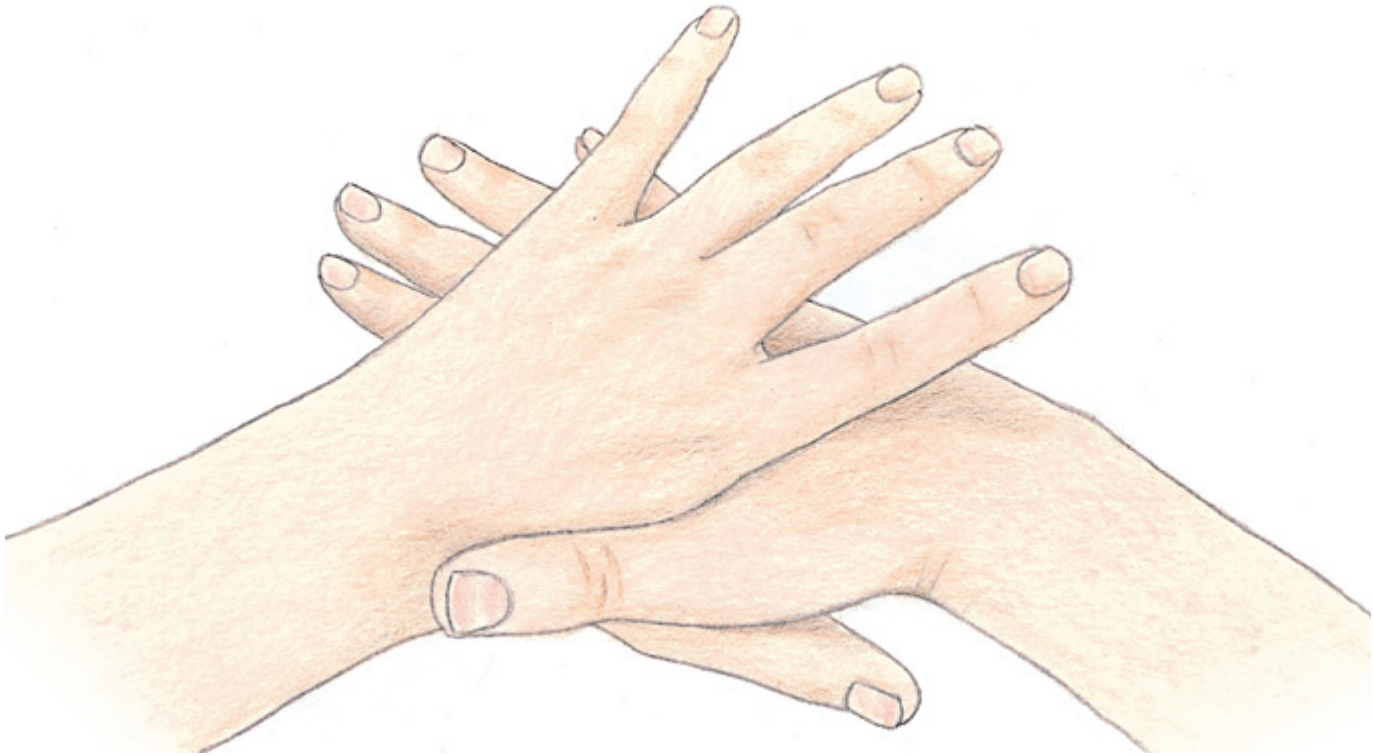
### Radial abduction stretch

Pinch the web space between the thumb and index finger. Massage and stretch the web space, followed by the hand self massage stretch as shown.

## Hand Self-Massage

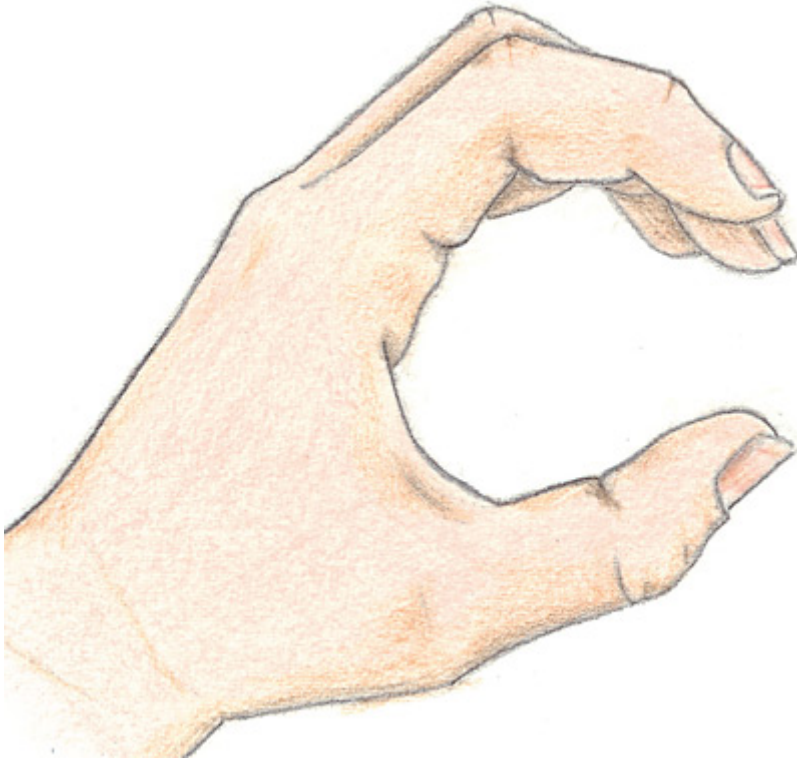
For a gentle stretch and soothing massage, join your hands at the thumbs and press them against each other.

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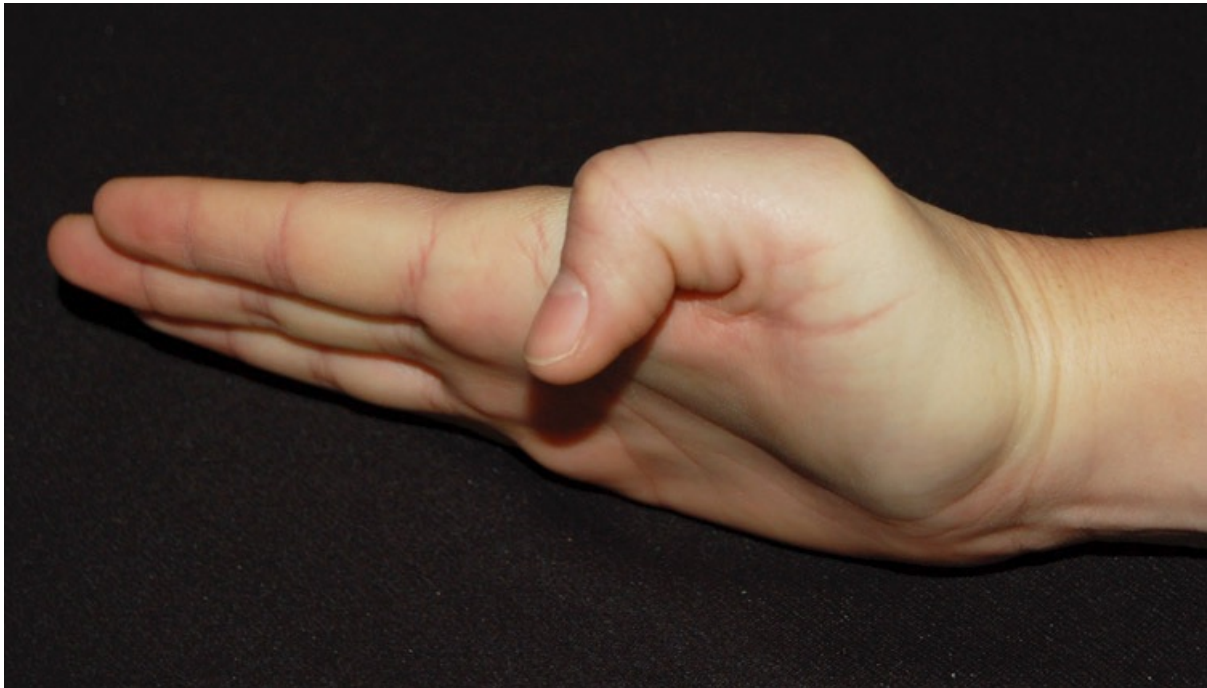


## "C" exercise

Place your thumb and fingers in the shape of the letter C, as though you are grasping a tennis ball. Hold this position, tensing your muscles lightly, for 5–10 seconds, and then relax. Do this 10 times. You can make this exercise more challenging by applying a rubber band around your thumb and fingers while holding the “C” position.



## Thumb flexion exercise



Place the hand flat on the table.

Bend the two thumb joints and then lift the thumb upwards.

This exercise helps to keep the web space stretched and strengthens the tendons involved in maintaining the beneficial position.

**If you have any questions or problems, please phone your therapist on 8560 0293**

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