

Exercises that can be used to help the condition

Stage 1

You may need to wear a splint continuously for 2-3 weeks to settle the pain before starting to move your thumb or wrist.

- 1) Place your affected hand palm down on a table. Using your 'good' hand, gently move your affected thumb away from the table.

Slowly and smoothly bring your thumb back to the table in line with your fingers.

Repeat 5-10 times every 2 hours.



- 2) Place your affected hand on the table (see picture). Using your 'good' hand, move your affected thumb away from your fingers.

Slowly and smoothly bring your thumb back in line with your fingers.

Repeat 5-10 times every 2 hours.



- 3) Support your forearm on the table with your wrist on the edge of the table and thumb pointing upwards

Slowly lower your wrist (little finger first) towards the floor until you start to feel discomfort (see picture), then use your other hand to return your wrist to the start position.



Repeat 5-10 times every 2 hours.

Stage 2

Try taking the splint off for light daily activities only.

Once you can carry out the stage 1 exercises with no pain, add a small weight and increase the repetitions to 10-20 times every 2 hours. (Reduce the repetitions back to 5-10 times every 2 hours if your pain returns).

Also, begin to do these two new exercises:

- 4) Place your affected hand flat on the table. Keep your hand still and move your thumb out to the side as far as feels comfortable (see picture). Return your thumb back towards your fingers.



Repeat 5-10 times

- 5) Keep your hand in the same position. Lift your thumb away from the table as far as feels comfortable and then bring back down.

Repeat 10 times and increase repetitions as feels comfortable.

Stage 3

Your Physiotherapist will tell you when you can move onto this stage.

Increase the weights and the repetitions of the previous exercises as you are able.

Start to carry out exercise 3 with full active movement of your wrist off the edge of the table (without the assistance of your 'good' hand).

Add wrist strengthening and gentle grip strengthening exercises as your pain allows, and as advised by your therapist.

- Put an elastic band around your fingers and thumb.
- Gently move your thumb against the resistance of the band.
- Repeat 10 times.

