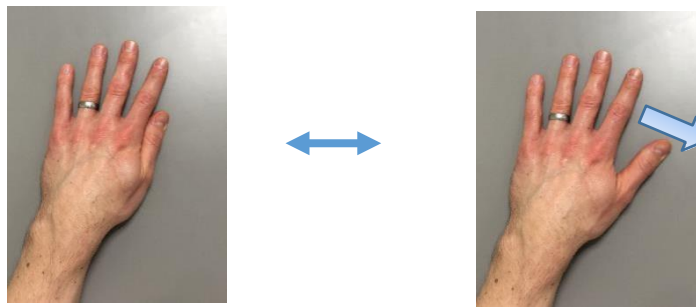


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Exercises Total Joint Replacement for Thumb Osteoarthritis

Aim to do these every 2 hours. Remove your splint to complete your exercises.

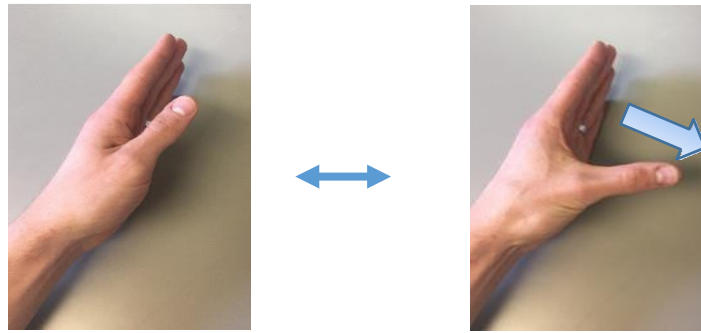
1. Place hand palm down on the table. Slowly move your thumb out to the side, away from your index finger and then back in. Repeat 10 times.



Alternately, this can be done with the hand resting on the side and lifting the thumb towards the ceiling. Then lowering down to the level of your first finger.



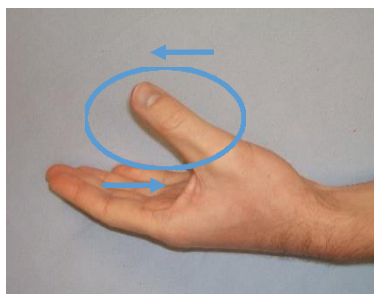
Rest the side of your hand on a flat surface. Start with your thumb level with your index finger. Slowly move your thumb sideways (away from the index finger), creating an 'L' shape and then back in. Repeat 10 times



Slowly move your thumb to touch the tip of each finger, starting with your index finger and working across to the little finger. Then, if able, slide your thumb down your little finger before opening your hand to restart. Repeat 10 times



With your palm facing up and the fingers relaxed, gently make a circular movement with your thumb. Repeat 10 times in one direction and 10 times in the opposite direction.



Week 6-8

- You may reduce the use of your splint, wearing it only at night and during daily activities.
- Light activities are safe to perform, but the splint should still be worn during these tasks (e.g., washing dishes, using utensils, etc.).

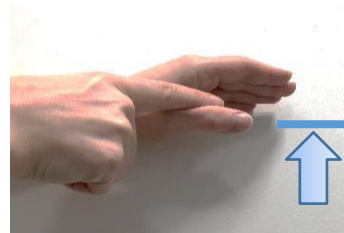
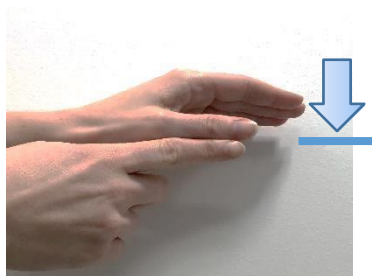
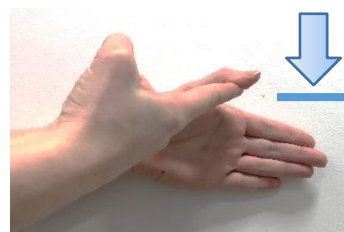
Week 8-12

Under the guidance of your physiotherapist, you can:

- Begin strengthening exercises (outlined below), performed 2-3 times per week with rest days in between.
- Gradually reduce reliance on your splint, although you may still need it for support during heavier daily activities (e.g., pouring a kettle).
- Increase the use of your thumb/hand for daily tasks.
- Resume driving once you are able to comfortably grip the steering wheel.
- Avoid activities that cause pain.

Stage 1 Strengthening Exercises (Static Exercises)

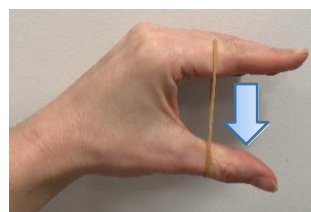
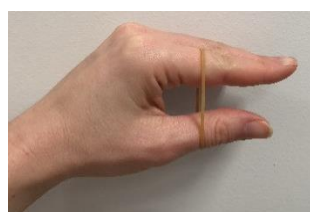
1. Using your non-operated hand, place a finger against your operated thumb and apply pressure, ensuring equal resistance so the thumb remains still. Hold for 5-10 seconds and repeat the exercise 5-10 times.



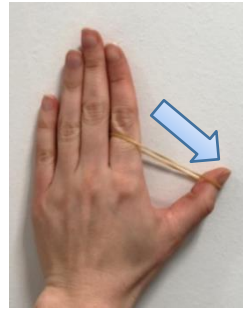
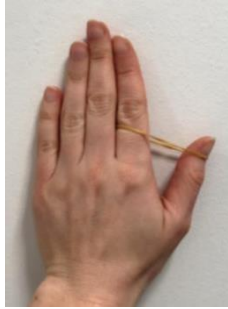
Stage 2 Strengthening Exercises (Dynamic Exercises)

Once you can comfortably perform the Stage 1 exercises, you may progress to Stage 2.

Place a thin elastic band around your thumb and index finger (your physiotherapist can provide this). Move your thumb away from your index finger, stretching the band. Hold the position for



2. Place an elastic band around your thumb and index finger while keeping your hand flat on the table. Move your thumb away from your index finger, stretching the band. Hold the position for 1-2 seconds.



3. With your hand resting on its side (little finger positioned at the bottom), place the elastic band around your thumb. Using your other hand, pull the band upwards to increase tension. Then, bend your thumb across your palm as if reaching toward the tip of your little finger. Hold this position for 1-2 seconds before returning to the starting position.

