

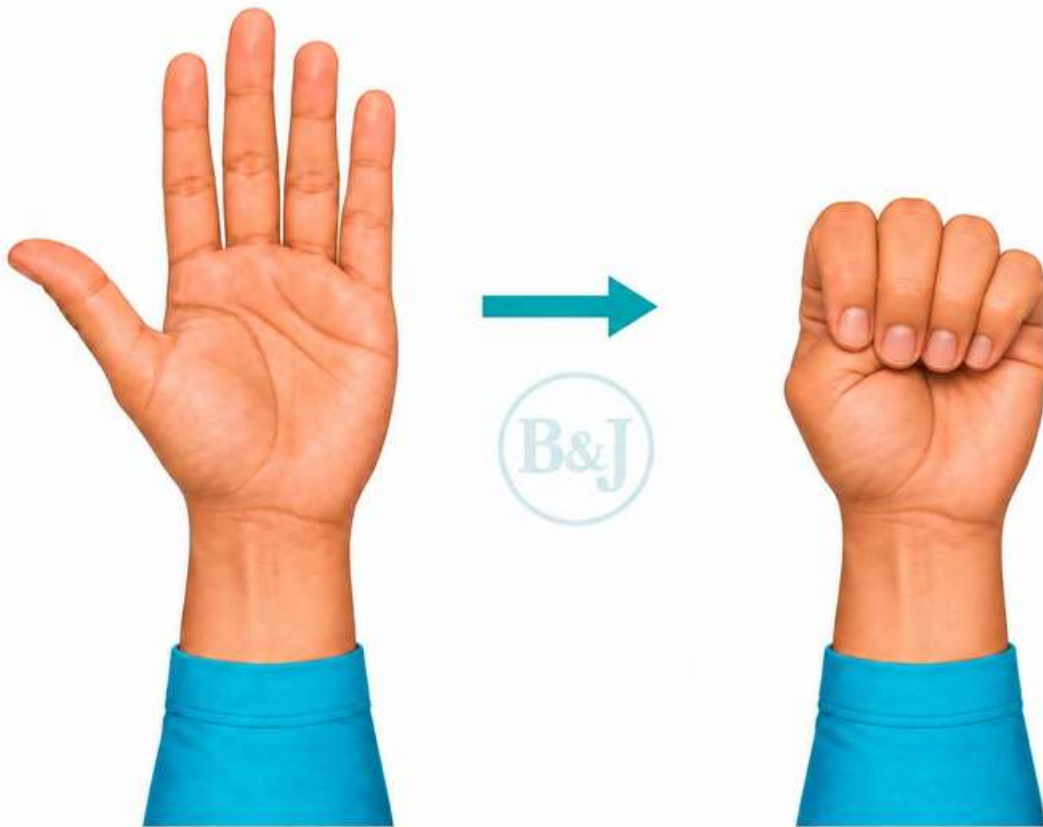
Thumb and wrist exercises

De Quervain's



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Thumb tuck stretch



Tuck the thumb into the palm, close the fingers over it, then bend the wrist gently towards the little finger.

Hold 15 seconds**5 times****✓ Should feel**

A stretch on the thumb side of the wrist

X Should not feel

Sharp pain

**Scan for this sheet**

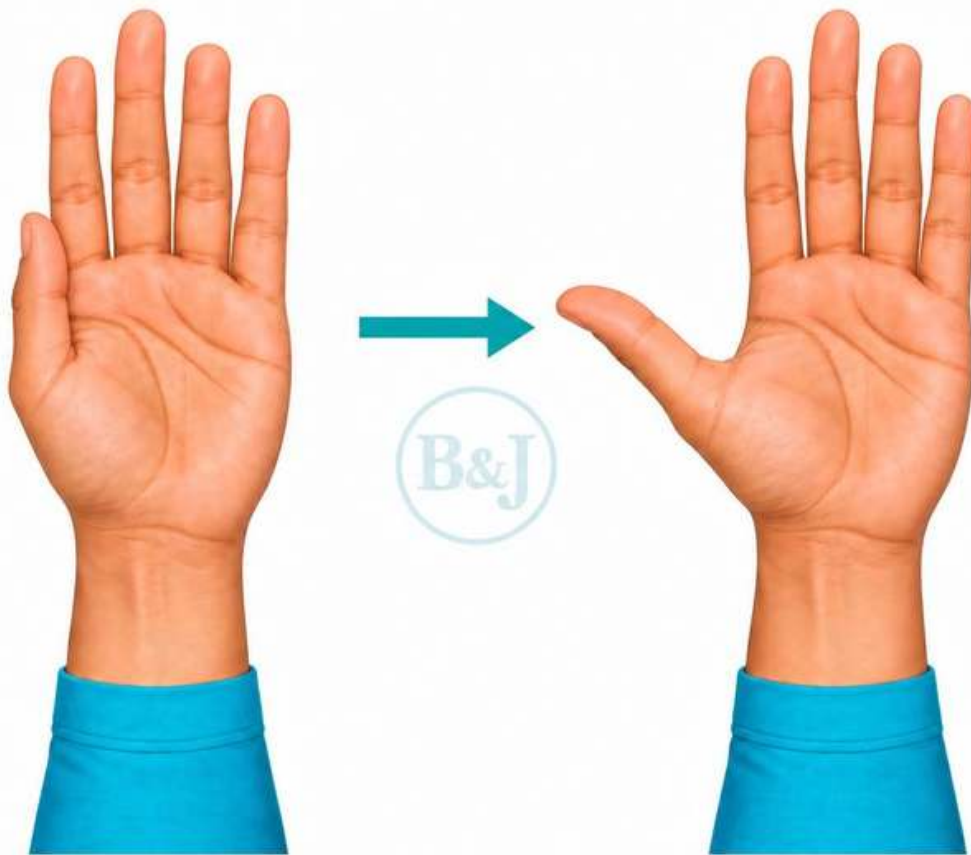
Listen to it read aloud, in English, हिंदी or मराठी — or ask for **sheet 21**

Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm**Virar East** 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

2

Thumb extension stretch



Gently stretch the thumb out and back.

Hold 15 seconds

5 times

✓ **Should feel**

A stretch at the base of the thumb

✗ **Should not feel**

Sharp pain



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3

Thumb circles



Move the thumb in slow circles.

10 times

2 times a day

✓ **Should feel**

Free movement

✗ **Should not feel**

Catching



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4

Wrist side to side



Move the wrist gently side to side.

10 times

2 times a day

✓ **Should feel**
Free movement

✗ **Should not feel**
Pain on the thumb side

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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