

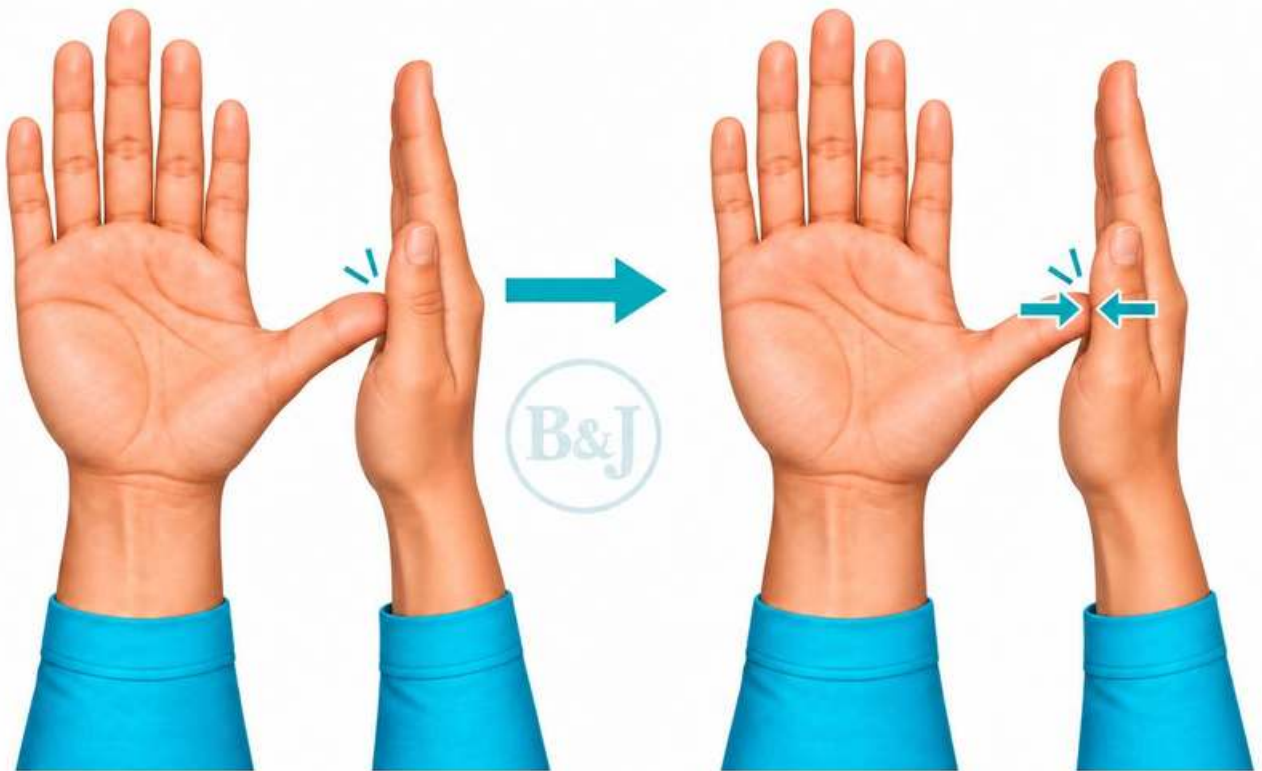
# Thumb exercises

Thumb base arthritis



**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 Isometric thumb press



Press the thumb gently against the side of the index finger without moving it.

**Hold 10 seconds****10 times****✓ Should feel**

The muscles working

**X Should not feel**

Pain at the base of the thumb

**Scan for this sheet**

Listen to it read aloud, in English, हिंदी or मराठी — or ask for  
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Monday to Saturday · Sunday by prior appointment only

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## Thumb circles



Slow circles within a comfortable range.

10 times

2 times a day

✓ **Should feel**

Free movement

✗ **Should not feel**

Grinding pain



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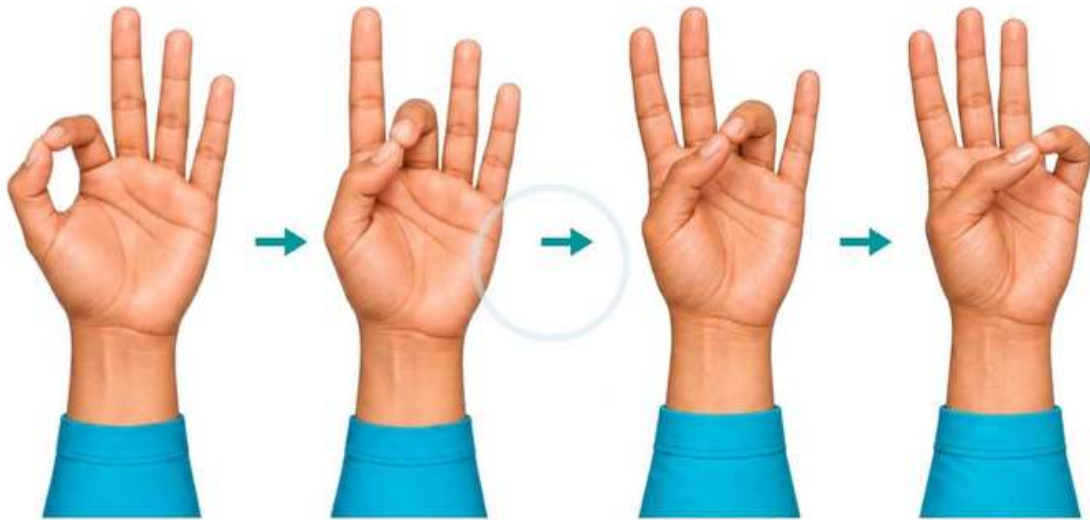
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### Finger to thumb touches



Touch each fingertip to the thumb.

10 rounds

2 times a day

✓ **Should feel**

Control

✗ **Should not feel**

Pinching pain



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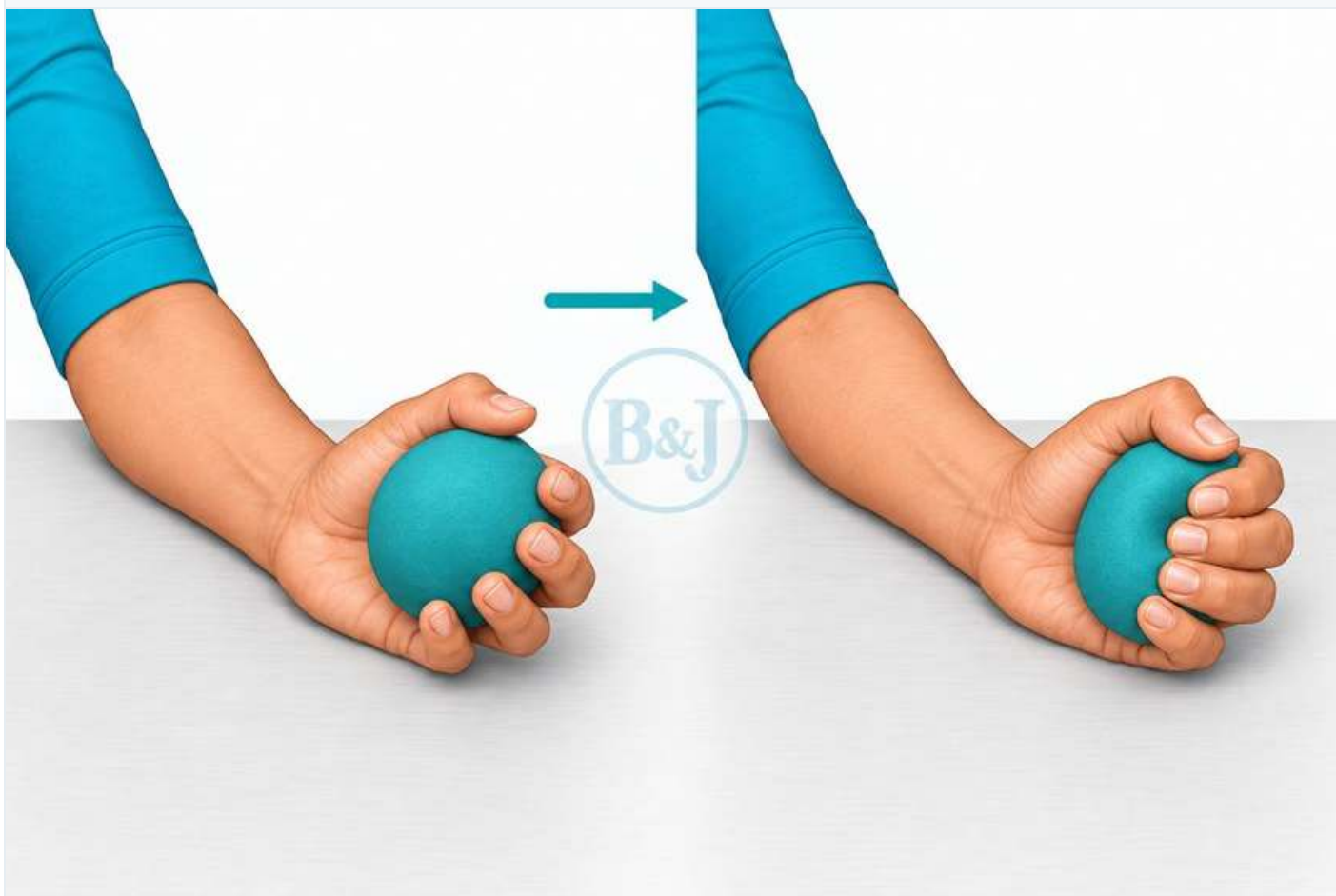
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## Grip squeeze



Squeeze a soft ball gently — do not squeeze hard.

10 times

Daily

✓ **Should feel**

The hand working

✗ **Should not feel**

Pain at the thumb base

### 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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