

Osteoarthritis of the first CMC Joint

Level 3 Thumb Exercises

Only attempt level 3 if you have completed both level 1 and level 2 without any pain. The focus of these activities is to develop new habits for improved joint positioning in activities of daily living.

Practice activities which involve pinching, such as

- writing
- holding plates
- opening clothes pegs
- tearing sheets of paper.

Make sure to keep the tip of your thumb bent and your wrist extended during these activities.

Practice activities that involve turning or twisting, such as

- putting nuts on bolts
- turning keys in locks
- undoing jar taps
- turning taps.

Again, make sure to keep the tip of your thumb bent. Also ensure that your thumb doesn't cross in front of your palm.

Reference: The content of this leaflet has been adapted with permission from Northwick Park Hospital

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

ਜੇ ਭੁਗਾਨੂੰ ਝਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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