Home Exercise Program

Created by Barnstaple Alliance Primary Care Network Mar 19th, 2025
View videos at www.HEP.video

COMMENTS

To help manage your pain, you can use a heat application. Make sure you protect your skin when doing this to avoid burns.

You can apply anti-inflammatory gel to the area after applying your heat pack.

You can also use paracetamol for pain relief.

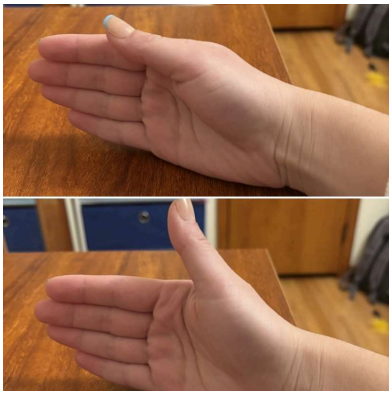
National Guidelines and local orthopaedic guidelines advise on using a thumb spica for 12 weeks.

It is very important to reduce or avoid, where possible, activities that make your symptoms worse. If you're able to do this, you will likely have a quicker recovery.

The aim of the below exercise programme is to progress to three sets of 15 repetitions per exercise.

Remember this is a target to work towards. You do not have to do three sets of 15 repetitions at the start of this programme.

You should work within pain tolerance. However, it is important to know the pain you are experiencing does not mean you are causing further harm or damage.



Thumb Extension

Start in the position of the first picture with your thumb touching your hand. Then slowly extend your finger up as in the second picture. Next, return to the starting position.

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day

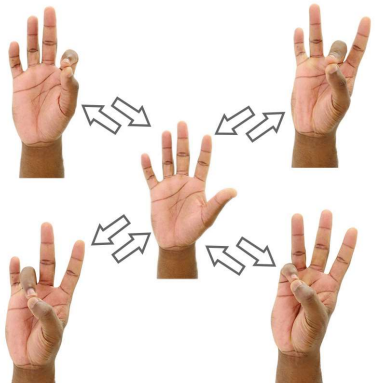


THUMB ABDUCTION AROM

Straighten hand so that all fingers are lined up as shown. Move thumb out, perpendicular from hand and hold. Return thumb along hand. Repeat.

Video # XVHXRB5PQ

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



THUMB OPPOSITION COMBO

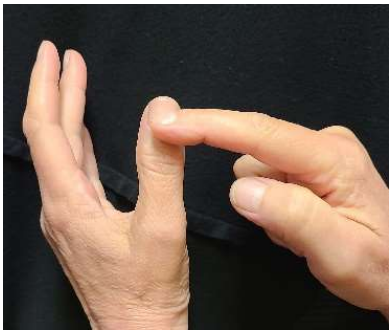
Start with an open palm and fingers extended.

Next, touch the tips of the first and second fingers. Then return to open palm.

Next, touch the tips of the first and third fingers, etc until all fingers have performed as shown.

Video # XVFJ9QXG5

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



Thumb Isometric- IP Extension

Place pointer finger of opposite hand against the backside surface of thumb, above the joint line. Push thumb backwards against finger without allowing it to move.

Isometric Exercises are strengthening Exercises that are done WITHOUT movement.
1. to increase ENDURANCE, hold the count longer as you resist the motion.
2. To increase STRENGTH, increase the intensity of resistance against thumb. Begin lightly and progress as tolerated.

Repeat	15 Times
Hold	15 Seconds
Complete	3 Sets
Perform	1 Times a Day



Thumb Isometric- IP Lateral

Place pointer finger of opposite hand against the outside surface of thumb, above the joint line. Push thumb outwards against finger without allowing it to move.

Isometric Exercises are strengthening Exercises that are done WITHOUT movement.
1. to increase ENDURANCE, hold the count longer as you resist the motion.
2. To increase STRENGTH, increase the intensity of resistance against thumb. Begin lightly and progress as tolerated.

Repeat	15 Times
Hold	15 Seconds
Complete	3 Sets
Perform	1 Times a Day

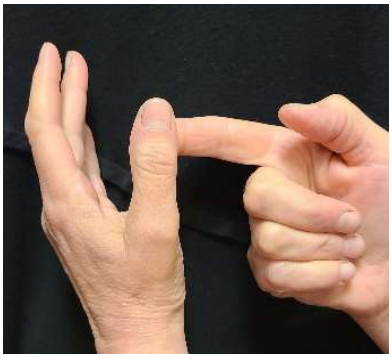


Thumb Isometric- IP Medial

Place pointer finger of opposite hand against the inside surface of thumb, above the joint line. Push thumb inwards against finger without allowing it to move.

Isometric Exercises are strengthening Exercises that are done WITHOUT movement.
1. to increase ENDURANCE, hold the count longer as you resist the motion.
2. To increase STRENGTH, increase the intensity of resistance against thumb. Begin lightly and progress as tolerated.

Repeat	15 Times
Hold	15 Seconds
Complete	3 Sets
Perform	1 Times a Day



Thumb Isometric- IP flexion

Place pointer finger of opposite hand against the front surface of thumb, above the joint line. Push thumb forwards against finger without allowing it to move.

Isometric Exercises are strengthening Exercises that are done WITHOUT movement.
1. to increase ENDURANCE, hold the count longer as you resist the motion.
2. To increase STRENGTH, increase the intensity of resistance against thumb. Begin lightly and progress as tolerated.

Repeat	15 Times
Hold	15 Seconds
Complete	3 Sets
Perform	1 Times a Day