
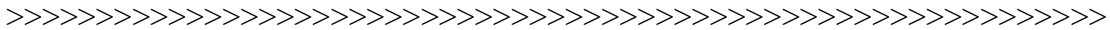


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Carpometacarpal osteoarthritis

Carpometacarpal osteoarthritis is a degenerative condition affecting the thumb that causes pain, stiffness and weakness. Risk factors for thumb osteoarthritis are: middle age, previous trauma, repetitive use of the joint and inflammatory disease.

Splinting:

You should use a splint during your activities, this will give support to the joint, helping to reduce the pain and prevent further damage. We don't recommend using the splint for all day activities but only for activities that you find painful, light activities should be done without the splint to prevent muscle weakness.

Pacing Physical Activity:

It is important to pace out your physical activities and ensure it feels ok later that evening/next day. Modify your activities if you can and if you are unable to do this we recommend some relative rest.

Pain management methods:



Speak to your GP/pharmacist about some pain medication if needed

Heat:

Heat is a vasodilator which means it increases blood flow into the painful area, helping the muscular fibres to relax by receiving more oxygen. Should be use for chronic pain or muscle tension. Use it 20/25 min.

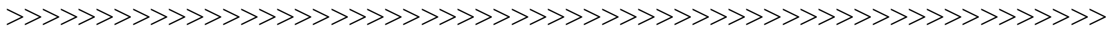
Ice:

Ice helps to reduced inflammation on painful area by decreasing the blood flow, slowing rate of inflammation and this way decreasing the risk of tissue damage. Should be use when affected area is inflamed, hot and/or red. Use it 10/15 min.

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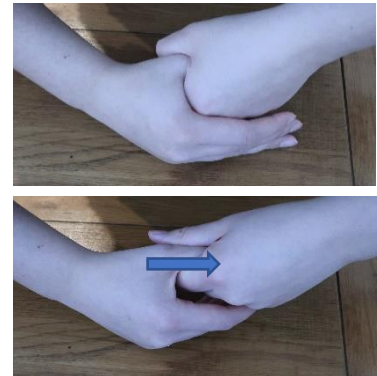
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Exercises:

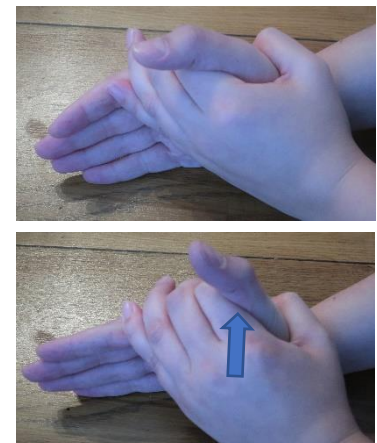
Joint Traction:

- Grasp the thumb with the opposite hand
- Gently pull your thumb away from your hand (this helps to create some space within the joint)
- Hold 20 seconds, 10 repetitions



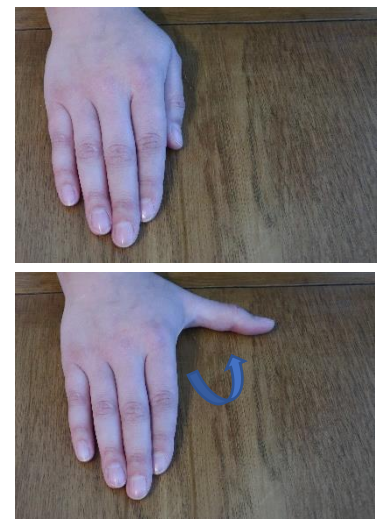
Thumb Stretch:


- Place your hand on a table with your palm up
- Using the opposite hand, stretch the affected thumb out, away from the palm
- Hold 10 seconds, 5 repetitions



Thumb Abduction:

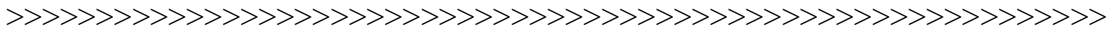
- Place your hand on a table with your palm down
- Open the thumb out to the side along the table as far away from the index finger as you can
- Hold 10 seconds, 5 repetitions



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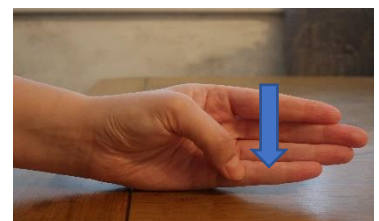
Thumb Extension:



- Place your hand on a table with your palm down
- Open the thumb out to the side along the table as far away from the index finger as you can
- Whilst holding your thumb in that position lift the thumb upwards off the table
- Hold 10 seconds, 5 repetitions



Thumb Flexion:

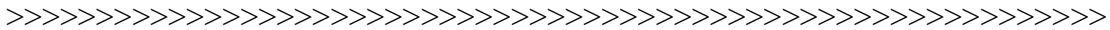
- Place your hand on a table with your thumb up, with hand resting on little finger side
- Slide the thumb across your palm towards the little finger
- 10 repetitions, 2 sets



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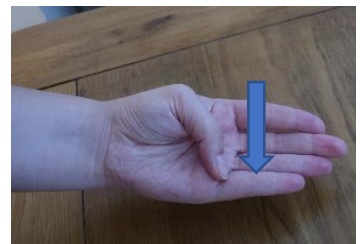
“O” Shape: (thumb OA exercises)

- Touch the tip of your thumb with the tip of each finger
- Create a “O” shape
- 10 repetitions



Thumb Aduction:

- Touch the base of your little finger with your thumb tip
- Hold 10 seconds, 5 repetitions



Abduction:

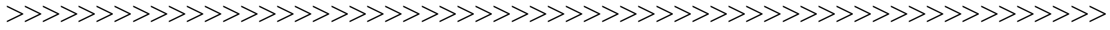
- Place your hand on a table with your palm down
- Move your index finger towards your thumb
- 10 repetitions



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Thumb Strengthening Exercises:


- Hold a stress ball or some socks together
- Dig your thumb into the stress ball or sock
- Hold for 25 seconds, 10 repetitions



Thumb Flexion:

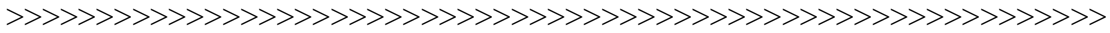
- Place your hand on a table with your thumb up
- Bend the top joint of the thumb and raise the thumb up towards the ceiling
- Hold 5 seconds, 10 repetitions



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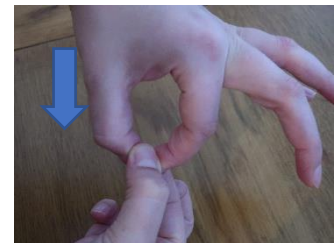


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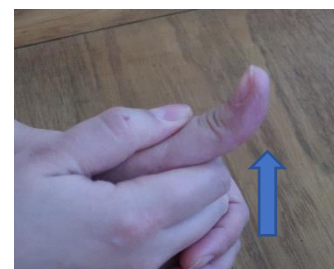
Thumb Resistance Exercise:



- Touch the tip of your thumb with the tip of your index finger
- Link both hands together
- Gently pull apart, resisting the movement
- Hold 5 seconds, 10 repetitions



Thumb Tip Exercises:

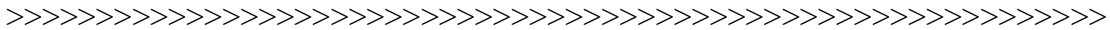
- Hold just below the top of your thumb using the opposite hand
- Gently bend and straighten the tip of your thumb
- 10 repetitions, 3 sets



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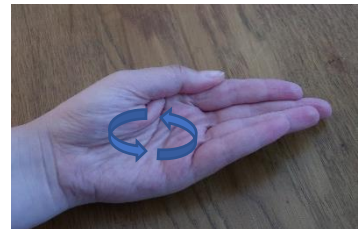


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Palm creasing:

- Create a deep hollow on the hand
- Keeping thumb and fingers straight
- Hold 5 seconds, 10 repetitions



Strengthening exercises:

- Place a rubber or elastic band around your thumb and fingers
- Stretch the band by open your thumb sideways, against the band
- 10 repetitions, 3 sets
- Repeat the same exercise but open your thumb up, towards de ceiling, against the band
- 10 repetitions, 3 sets

