

Exercises to keep your hands moving!

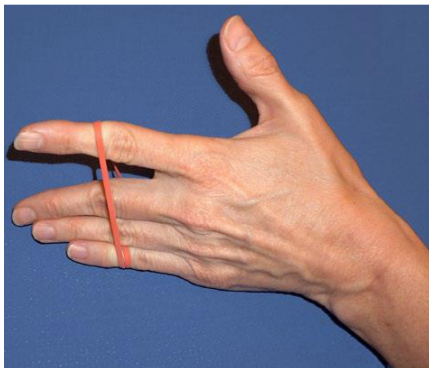
Arthritis at the base of the thumb can be painful, frustrating and even debilitating. Usually it affects pinching and gripping activities and can prevent us from doing things that we enjoy such as bike riding and skiing, and things that we must do, such as opening jars and picking up objects, even writing. Although exercises can't prevent arthritis, they can help prevent increasing stiffness and loss of strength in your hands.

These exercises can be done with little or no special equipment and can help you continue enjoying your activities.

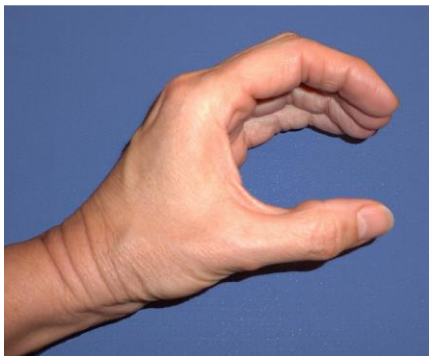
Some exercises to maintain strength and flexibility, try to perform 2-3 times per day with minimal discomfort.



Gentle pressure to stretch a tight thumb, pressure applied in the web space next to the thumb (adductor region)



Try spreading the index finger away from the other fingers using a rubberband (try a broccoli thick rubberband if you need more resistance) to strengthen the interosseous muscle between thumb and index finger.



Isometric (contract in place) while making a "C" to strengthen thumb stabilizing muscles.

Hope that helps, see you out on the trail!
Kane Anderson, MD