

Thumb Stability Exercises

This leaflet provides information about thumb strengthening and stability exercises for patients under the care of the St George's Hospital Hand Therapy team. Please ensure that you only exercise as instructed by your therapist. If you have any further questions or concerns, please speak to your therapist.

Why should I do thumb stability exercises?

These exercises are designed to assist with strengthening the muscles that help move and support your thumb. Thumb stability exercises are designed to load and strengthen your muscles without putting additional stress through the small joints of your thumb and wrist.

How often should I do my exercises?

Repeat each exercise _____ times

You should hold each position for _____ seconds

These exercises should be done _____ per day.

What exercises should I do?

Your therapist will advise you on which exercises to complete and you should only do the ones that are ticked. When completing the exercises make sure you move slowly and gently; aim to stay within your level of comfort.

These exercises should not cause sharp pain or swelling. If the exercises increase your pain, reduce the amount of force you are using. If the pain remains, discontinue the exercises and let your therapist know.

Stretch

To warm up your thumb muscles, use your unaffected hand to gently massage the muscle in between your thumb and index finger. If you're able to, try to move your thumb away from your index finger whilst massaging to improve the stretch. Try to hold this stretch for 30 seconds and then relax.



Exercises

□ Hold the tennis ball with a light grip and gently slide your thumb across the ball as far as you feel you can go. Gently slide your thumb back into the side of your hand.



□ Holding the tennis ball with a light grip, try to move your thumb across the lines on the tennis ball as if you were tracing them. Use your fingers to move the ball around if needed.



□ With your thumb and fingers lightly gripping around a tennis ball, gently squeeze against the ball and relax. Do not grip or try to push the ball firmly.



□ Still using a tennis ball, keep your thumb resting on the ball in a stable position. Lift your index and middle fingers away from the ball. Gently squeeze your thumb against the ball and relax.



□ Resting the hand on a tennis ball, place an elastic band round your fingers as shown. Straighten your index finger and then move it sideways, away from your middle finger. Hold and then gently move your finger back in towards the hand.



Additional instructions:

Contact us

If you have any questions regarding the information provided in this leaflet, please feel free to discuss them with your therapist at your next appointment.

For more urgent queries the team can be contacted on the **treatment enquiries** phone number listed below.

Your therapist's name is: _____

Treatment enquiries: 020 8725 1038

Appointments: 020 8725 0007

Or scan
here



For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

The Walk-in and Advisory telephone services are closed on Wednesdays.

Please contact PALS in advance to check if there are any changes to opening times.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS UK

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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