

Pain Over the Base of The Thumb


R Brincat
ESP Hand and wrist
Sussex MSK Partnership

Notes Page

What is important to me



Outline of Workshop

- ⇒ Welcome
 - ⇒ Your concerns
 - ⇒ Information
 - ⇒ Solutions
- 

Check Up – Your symptoms:

Your challenges

What have you found as helpful?

What is Causing These Symptoms?

⇒ Your symptoms are usually caused by age related changes to the cartilage at the base of the thumb



What is this Condition?

- ⇒ This is arthritis of the thumb
- ⇒ Symptoms will vary from time to time
- ⇒ Pain is one of the common symptoms
- ⇒ Because of the pain it is likely that:
 - > Movement decreases
 - > Grip strength decreases

How to Manage Pain

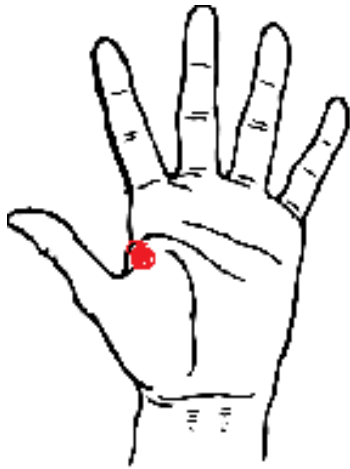
⇒ Hot packs

⇒ Sponge exercise

⇒ Pain killers

How to Manage Pain

⇒ Pressure over trigger points



Apply pressure over the this area by pinching with opposite thumb.

Hold for 30 seconds.


Repeat for 10 minutes

Activity Modification / Pacing

- ⇒ Modify activities that aggravate your symptoms
- ⇒ Any activity requiring a sustained grip between thumb and index finger, might aggravate your symptoms. This type of grip should be restricted where possible.
- ⇒ Pace your activities – do them in short bursts.



Activity Modification

- ⇒ Avoid tight grips. When opening jars, use both hands and use the palms of your hands or you could use an aid.
 - ⇒ Avoid holding the same position for a long time.
 - ⇒ Use other stronger joints
- 



Assessment

⇒ Range of Movement:

⇒ Wrist movement

⇒ Hand and finger movement

⇒ Opposition

⇒ Sliding opposition

Exercises

⇒ Opposition Exercises



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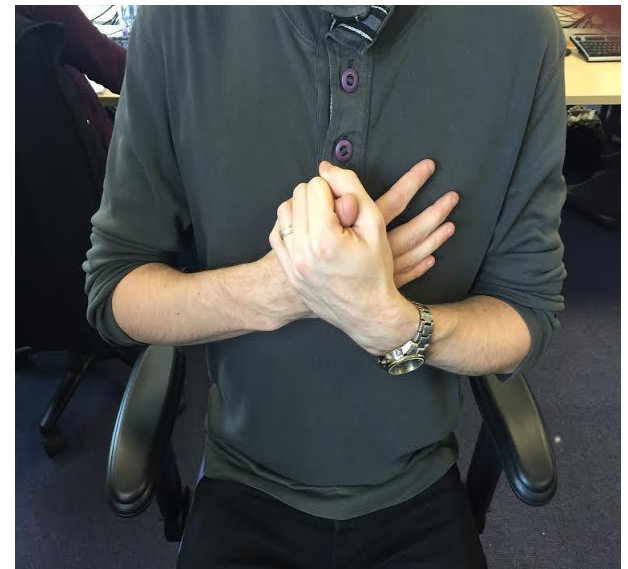
Pulling the thumb

- ⇒ Grasp your thumb with your opposite hand either in front of your stomach or behind your back.
- ⇒ Gently pull on the thumb and hold for 3 seconds.
- ⇒ Repeat up to 10 times.



Stretching of thumb

- ⇒ Reach across the back of your hand
- ⇒ Wrap fingers around the length of the first joint of the thumb
- ⇒ Press your hand against your chest
- ⇒ Gentle roll the base of your thumb away from your chest
- ⇒ Hold 1–3 seconds repeat 10 x



Strengthening exercises

⇒ Place hand sideways on a surface, apply pressure over the base of the nail of the thumb, push thumb away from the palm.

⇒ Repeat 10 x



Strengthening exercises

- ⇒ Place hand sideways. Move thumb towards little finger as if touching the tip of the little finger
- ⇒ Press for 3 seconds and then relax
- ⇒ Make sure that the tip of thumb, the middle joint and the base of the thumb are in a straight line



Strengthening exercises

- ⇒ Place hand sideways.
Gently apply resistance to the base of the nail of the thumb.
- ⇒ Move thumb, upwards towards the ceiling and away from your other fingers
- ⇒ Repeat 10 times



Strengthening exercises

- ⇒ Touch tip of thumb, to tip of index finger to form the letter “O”
- ⇒ Hold this position for 3 seconds then release, repeat 10 times



Strengthening exercises

- ⇒ Place hand flat on a surface
- ⇒ With other hand apply some pressure over the middle joint of the index finger
- ⇒ Try and move the thumb towards and away from the index finger
- ⇒ Maintain this position for 3 seconds repeat 10 times



Strengthening exercises

⇒ These exercises can easily be upgraded by using a rubber band/ putty. However this should only be considered if no pain is present

Dexterity Exercises

- ⇒ Hold marble with tip of your thumb, and move the thumb forward and backward in a straight line
- ⇒ Use two marbles or Chinese balls and try and move them in your hands by alternating/ rotating their position within your hand. Repeat this movement for about 3–5 minutes. If thumb starts to become painful, be gentle take a rest
- ⇒ Use a small marble and with the tip of your thumb, rotate the ball on a table. Start clockwise for 10 repetitions then anti-clockwise

What to do next?

- ⇒ If your symptoms get worse in the next 6 months please contact our service to book an appointment to be seen by one of the therapists. You do not need to go back to your GP.
- ⇒ 0300 303 8063

Questions?