

Thumb CMC Joint Arthroplasty Surgery Home Program Phase 3 Exercises

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These exercises take several weeks to improve your strength. Complete them once per day, doing enough repetitions to feel tired in your thumb muscles.

1 – PUTTY GRIPPING - FINGERNAIL DIG: REPETITION: 10 – 20 / FREQUENCY: 1X / DAY / HOLD: 5 SEC

- Grip the putty, digging the fingernails into the putty.
- Then roll the putty out, from the fingertips to the wrist, massaging the base of the palm.



2 – PUTTY: KEY PINCH: REPETITION: 10 - 20 / FREQUENCY: 1X / DAY / HOLD: 5 SEC

- Place the putty on the table.
- Pinch the putty between the thumb and the side of your index finger.



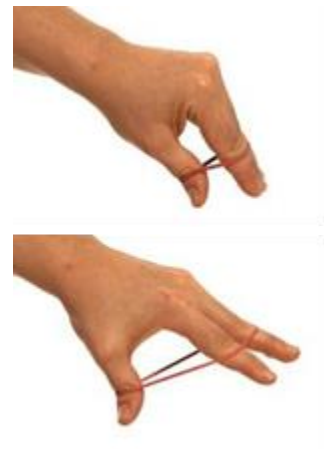
3 – PUTTY: FDS FIST: REPETITION: 10 - 20 / FREQUENCY: 1X / DAY / HOLD: 5 SEC

- Grip the putty, making a flat fist, with the fingers reaching to the base of the palm, so that you can still see your fingernails.
- Then roll the putty out, from the fingertips to the wrist, massaging the base of the palm.



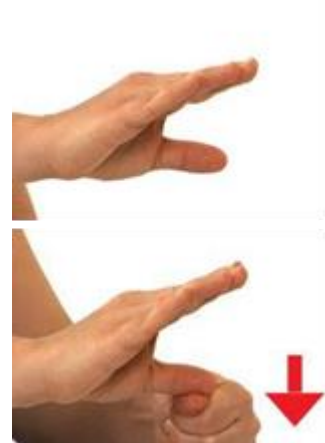
4 – THUMB STRENGTHENING - ELASTIC BAND / PUTTY - REPETITION: 10 - 20 / FREQUENCY: 1X / DAY / HOLD: 5 SEC

- Wrap the thumb, index and middle fingers with putty or an elastic band.
- Spread your thumb and fingers apart, keeping the thumb and fingers straight.



5 – THUMB STRENGTHENING – ISOMETRIC: REPETITION: 10 - 20 / FREQUENCY: 1X / DAY / HOLD: 5 SEC

- Press on the tip of your thumb with the other hand and try to push your thumb apart from your index as hard as you can while resisting the movement with the other hand.



1 – 5 EXERCISE SUMMARY:



- **Exercise 1: Putty gripping - fingernail dig**

Repetition: 10-20 / Frequency: 1x/day / Hold: 5 sec



- **Exercise 2: Putty: key pinch**

Repetition: 10-20 / Frequency: 1x/day / Hold: 5 sec



- **Exercise 3: Putty: FDS fist**

Repetition: 10-20 / Frequency: 1x/day / Hold: 5 sec



- **Exercise 4: Thumb strengthening-elastic band/putty**

Repetition: 10-20 / Frequency: 1x/day / Hold: 5 sec



- **Exercise 5: Thumb strengthening - isometric**

Repetition: 10-20 / Frequency: 1x/day / Hold: 5 sec