

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 2/10 whilst completing this exercise programme.



5 reps / 2-3 sets / 1 minute rest

1. Thumb/De Quervain's stretch

- Tuck your thumb into the palm of your hand and lightly grip.
- Tilt your hand away from you until you feel a light stretch into the base of your thumb and/or wrist area. Hold for 20 seconds.



5 reps / 2-3 sets / 1 minute rest

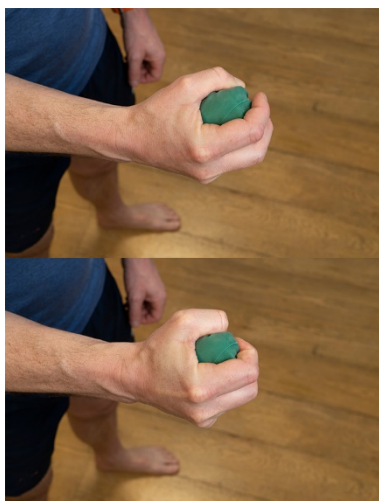


2. Thumb/De Quervain's isometric hold

- Start with your thumb lifted away from your fingers.
- Use your opposite hand to resist this position.
- Hold for 5 seconds.



15 reps / 2-3 sets / 1 minute rest



3. Stress ball squeeze

- Hold a soft ball or a balled-up piece of tissue.
- Squeeze the ball tightly holding for 5 seconds.
- Relax your hand and forearm muscles between repetitions.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.