

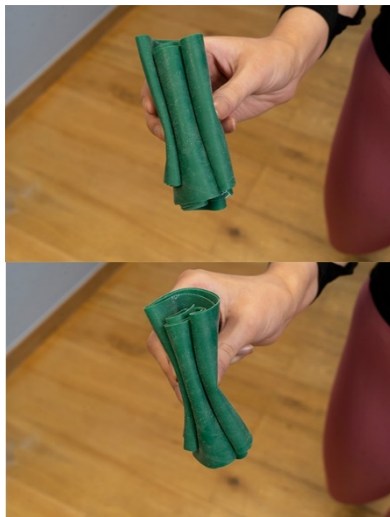
Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

### 1. Thumb opposition exercise

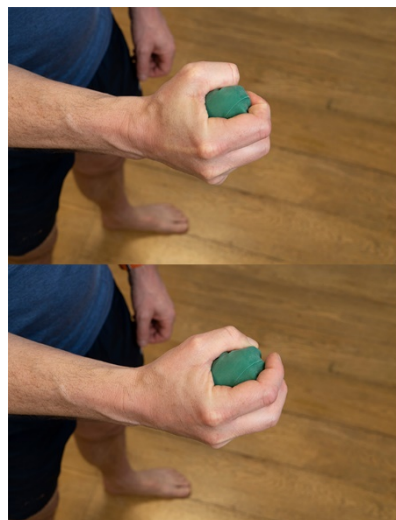
- Start by touching your thumb to the tip of your index finger.
- Then move on one finger at a time: middle, ring and little finger.
- Do this back and forth to train the muscles in your hand and around your thumb.



15 reps / 2-3 sets / 1 minute rest

### 2. Thumb opposition exercise

- Place a soft, small object like a sponge between your thumb and index finger.
- Squeeze down on the thumb and hold for 5 seconds.
- Then move on one finger at a time: middle, ring and little finger to thumb.
- Do this back and forth to train the muscles in your hand and around your thumb.



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.