CMC Stabilization Exercises

The purpose of these exercises is to strengthen your muscles around your arthritic thumb joint making it more stable and less painful. **Exercises are to be performed gently and never should be painful!**

1. **Imaginary Ball:** Pretend to hold a ball and let the ball slowly expand, keeping the fingers slightly curled. Hold for the count of 5, repeat ____ times.

2. **Thumb Pinch:** Form a circle with your index finger and thumb. Tighten your thumb muscles against the fingers of your other hand. Hold for the count of 5, _____ times.

3. **Thumb outward push:** with your hand resting on the table, push outward with your thumb; don’t let your thumb move by stopping it with your other hand but tense the muscles. _____ times.

4. **Thumb perpendicular push:** with your hand resting on the little finger side on the table, push your thumb outward; use your other hand to block it from moving. _____ times.

5. **Index finger push:** with your hand lying flat on the table, move the index finger toward your thumb; use your other hand to stop it from moving. ____ times.

6. **Stable pinch:** touch the thumb to the first two fingers; pinch against the thumb keeping the “MP joint slightly bent in an “O” shape. _____ times.

7. **Putty thumbprints:** use your thumb, index and middle fingers to make light impressions in the putty. Keep the stable “O” position. ____ times.

8. **Pinch strengthening:** Keeping the stable “O” position, squeeze the fingers into the putty. Do this only if you can maintain the stable MP joint position. _____ times.