

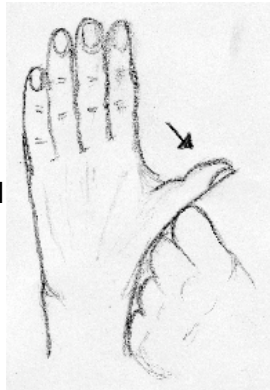
CMC Stabilization Exercises

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.



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.



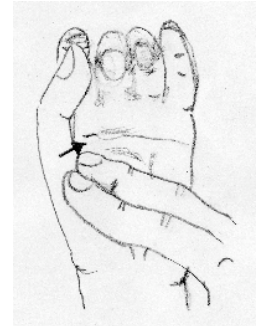
5. Index finger push: with your hand lying flat on the table, move the index finger toward your thumb; use your other hand to stop it from moving. ____times.



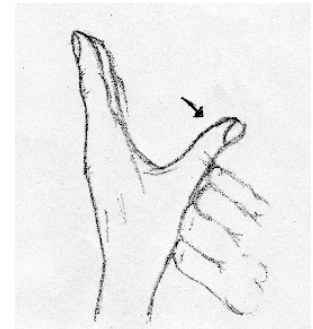
7. Putty thumbprints: use your thumb, index and middle fingers to make light impressions in the putty. Keep the stable "O" position. ____times.



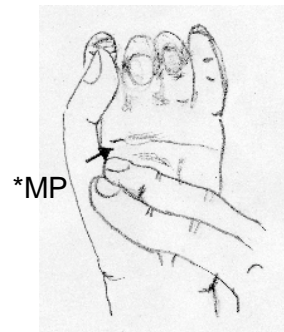
2. Thumb Pinch: Form a circle with your index finger and thumb. Tighten your thumb muscles against the fingers of your other hand. Hold for the count of 5, ____times.



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.



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.



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.

