Exercise for hand or thumb pain

**Aim:** To strengthen the muscles of the forearm that control grip strength of the hand and consequently reduce hand pain and improve function

**The exercise:** You will need something soft and compressible such as a rolled-up sock or ball of wool or ‘stress’ ball

1. Place ball in one hand
2. Rest the exercising hand on an arm rest of a chair, a table or on your thigh
3. Squeeze as tightly as you can for 30 seconds
4. Release and relax for 3 seconds
5. Repeat steps 3&4 until your arm is tired or aching. Try starting with 10 repetitions.
6. Repeat for the other hand

**As you improve:**
1. Squeeze for longer
2. Do more repetitions

**How often?** Do these exercises in the morning and evening, perhaps whilst watching TV or relaxing

Making this a daily ROUTINE is the KEY!