



## Level 3 Thenar muscle strengthening exercises

This leaflet is for patients with early basal thumb arthritis. The exercises aim to increase the strength of the muscles around the thumb. Only move onto this level of exercises when you are comfortable with all the level 1 and level 2 exercises and your therapist has advised you these are appropriate for you. Complete the warmup stretch exercise before these exercises.

You will need an easy strength rubber band and a clothes peg for these.

- 1 Place the rubber band across your hand and thumb as shown in the picture, with your wrist slightly backwards. Lift your thumb upwards as far as is comfortable. Keep the joints of the thumb slightly bent. Do not let your wrist bend forward. Hold for 5 seconds then slowly lower your thumb back down. Repeat x 5.



- 2 Place the rubber band around your fingers. Keeping the middle, ring and little fingers still and in line with wrist, move the index finger towards your thumb. Hold for the count of 5, then relax. Repeat x 5.



- 3 Squeeze a clothes peg, using your index and middle finger and tip of thumb. Keep the thumb joints bent. To increase the resistance, place a rubber band at the end of the peg.



### Contacting us

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**Please ask if you need this information in another language or format.**

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