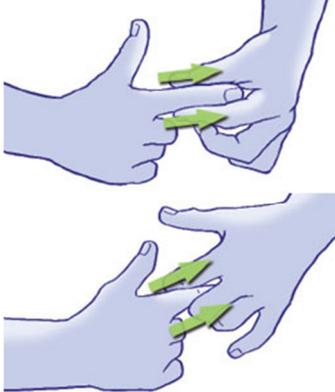
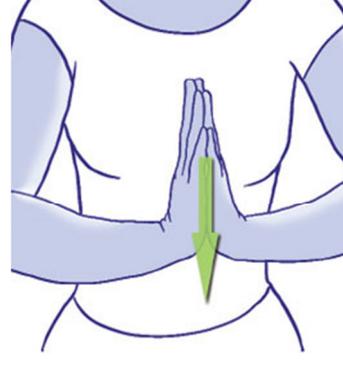




Incipient osteoarthritis
Exercises to maintain joint function

Information sheets 6
Osteoarthritis of the fingers and the wrist

exercise 1 Self-massage	exercise 2 Stretching the thumbs	exercise 3 Stretching the fingers	exercise 4 Stretching the wrist and the fingers
<p>Why is this exercise useful?</p> <ul style="list-style-type: none"> • Makes the fingers more flexible. • Restores finger extension. <p>How do you do the exercise correctly?</p> <ul style="list-style-type: none"> • Sitting comfortably, shoulders down, take a finger between your thumb and index finger or your index and middle fingers if your thumb is painful. • Pull from its base towards its tip, taking care not to press on the nail. 	<p>Why is this exercise useful?</p> <ul style="list-style-type: none"> • Maintains sufficient thumb opening for a large range of pinch motions; for easily grabbing hold of an object, for example. <p>How do you do the exercise correctly?</p> <ul style="list-style-type: none"> • Put your right and left thumbs together as well as your right and left index fingers. • Put your hands at navel level and push them towards one another to bring them together. 	<p>Why is this exercise useful?</p> <ul style="list-style-type: none"> • Maintains a good level of dexterity. <p>How do you do the exercise correctly?</p> <ul style="list-style-type: none"> • Squeeze and knead a vegetable sponge in hot water. 	<p>Why is this exercise useful?</p> <ul style="list-style-type: none"> • For recovering maximum extension of the wrist and fingers for pushing an object or breaking your fall if you fall over. <p>How do you do the exercise correctly?</p> <ul style="list-style-type: none"> • Put your hands on your upper chest, palm against palm, and try to slowly bring them down towards your navel without them coming apart.
<p>• TIP Do not press too hard or twist the massaged finger.</p>	<p>• TIP Keep your shoulders down.</p>	<p>• TIP This is a good exercise to do in the morning to stretch your fingers.</p>	<p>• TIP Take care to keep your shoulders down.</p>
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DURATION OF EXERCISES

Stretching movements: you can hold the position for several seconds (6-10), stopping if it becomes too painful.

Strengthening movements: you can perform sets of five movements with a longer rest (about twice as long as the duration of the movement). We also recommend that you change position between exercises (from one foot to the other, for example) in order to relax the muscles that have just been working.

- SOME SIMPLE RULES TO FOLLOW DURING THESE EXERCISES**
- Work at your own pace, calmly and steadily.
 - Breathe during the exercises.
 - Do not force it and follow the pause time.
 - Gradually increase the number of sets.

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