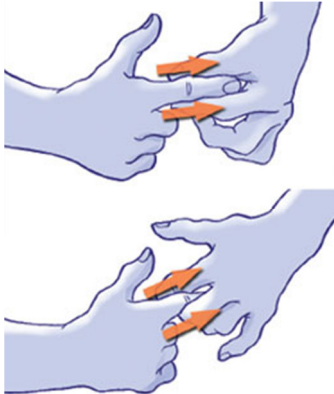

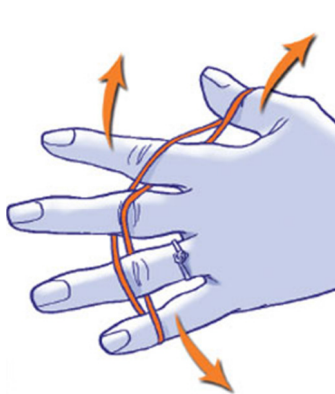





Established osteoarthritis
Exercises to maintain joint function

Information sheets 6
Osteoarthritis of the fingers and the wrist

exercise 1 Self-massage	exercise 2 Opening the thumb	exercise 3 Strengthening the fingers	exercise 4 Dorsiflexion of the hand
<p><i>Why is this exercise useful?</i></p> <ul style="list-style-type: none"> • Makes the fingers more flexible. • Restores finger extension. <p><i>How do you do the exercise correctly?</i></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>• TIP Do not press too hard and do not twist the massaged finger.</p>	<p><i>Why is this exercise useful?</i></p> <ul style="list-style-type: none"> • Maintains a sufficient thumb opening to be able to easily grab objects. <p><i>How do you do the exercise correctly?</i></p> <ul style="list-style-type: none"> • Your hand resting on the table, palm down. • Bring the space between the thumb and index finger up against a glass. • Your other hand slowly pushes the glass inwards, forcing the thumb to open. Hold the position for at least 10 to 15 minutes. 	<p><i>Why is this exercise useful?</i></p> <ul style="list-style-type: none"> • Maintains finger strength. • To be able to use each finger separately or all fingers together. <p><i>How do you do the exercise correctly?</i></p> <ul style="list-style-type: none"> • With a single elastic band, surround one finger after the other. Between each finger, make a half turn with the elastic. Make sure it is placed at the first knuckle. • Spread your fingers apart from one another without forgetting your thumb. <p>• TIP Keep your fingers on a flat surface to keep them taut. To work on finger extension, lift one finger after the other.</p>	<p><i>Why is this exercise useful?</i></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><i>How do you do the exercise correctly?</i></p> <ul style="list-style-type: none"> • Sitting on a chair with another chair placed beside it. • Direct your hand to the seat of the chair nearby and, very gently, lean sideways until your wrist is at a right angle with your arm and the palm of your hand is completely resting on the chair. <p>• TIP Carry out the same exercise by standing with your hand resting on a table. Lean your body to bring your shoulder up above your hand. Caution: the weight will be greater on the wrist.</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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