



Provider of Specialized Upper Extremity Courses

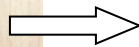
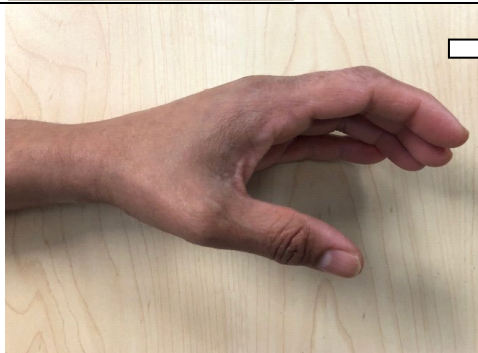
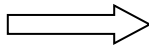
## Carpometacarpal joint Arthritis











Starting position



End position



 <p>Fingers together</p>	 <p>Lift index up</p>
	
 <p>Force couple Final position</p>	
<p>CMC stabilization exercises</p> 	<p>Amazon Arthritis playlist</p> 
<p>Heat for 10 mins in the morning, ice at the end of the day.  Exercise stabilization exercises every hr 5x longer holds are preferable 10 sec + = build endurance  Wear splint initially at all time to calm the joint down, then once better you want to maintain the alignment so wear soft splint <u>during the day</u> with activities and you can have the <u>brace off at night</u></p>	

Heat 10 minutes w/ a heating pad

✓ Buy Paraffin unit from Bed Bath & Beyond or Amazon  
→ get extra paraffin

↓ Use paraffin in the morning  
→ dip hand & wrap in plastic  
→ Apply hot pack on top of paraffin ; 10 minutes

Reuse paraffin when done

---

Do Range of motion exercises w/ peg or dowel

+ putty rolling

End of the day, ice hand before bed. for 10 minutes.

! No direct ice, always make sure to have  
Cloth between hand & ice.