



Provider of Specialized Upper Extremity Courses

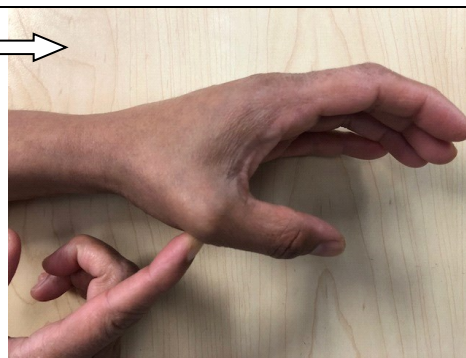
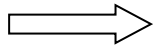
Carpometacarpal joint Arthritis



Starting position



End position





Fingers together



Lift index up



Force couple
Final position



Amazon Arthritis playlist

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 during the day with activities and you can have the brace off at night

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.