

INFORMATION FOR PATIENTS

Hand Therapy: Basal thumb joint replacement

You will be referred to Hand Therapy between 10 and 14 days after your surgery.

At this appointment your postoperative dressings will be removed, and you will be fitted with a soft thumb splint with a moulded insert to support your thumb during recovery.

Soft thumb support

Within this support you may carry out light functional activities such as turning the page of a magazine or light dressing activity as pain allows. Do not apply a strong pinch load to the thumb.

The support will be removed in the daytime to do the following exercises guided by your therapist and worn nightly for six weeks after your surgery.



Exercises – four times a day

These include thumb stabilising exercises to gain maximum benefit following your joint replacement.

Your thumb provides 60% of your hand function and is used to manipulate and hold objects in opposition to your fingers. This enables you to carry out fine coordination tasks and tasks requiring wider grasp. The exercises include the following and help in strengthening the small muscles that assist your thumb function. These can be carried out four times a day out of your splint.

1.



Rest your hand on a table on your little finger side so your thumb is on top, with your wrist slightly back.

Lift your thumb upwards as far as possible keeping your thumb joints bent. Hold for 10 seconds and repeat 10 times.

2.



Keeping both end joints of the thumb bent, move your thumb as far away from the palm as possible.

Hold for 10 seconds and repeat 10 times.

3.



Place your thumb against each fingertip in turn, making an 'O' shape.

Make sure your thumb joints are slightly bent.

4.



Place your elbow and forearm on a table.

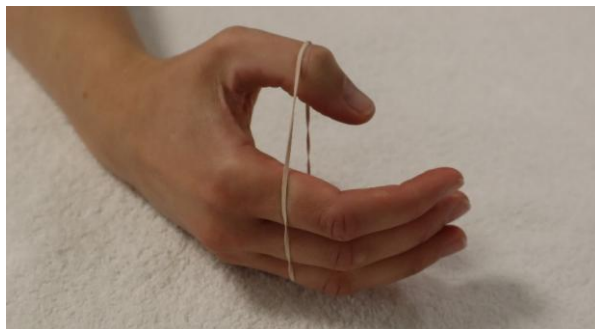
Hold a ball of comfortable size in your hand with your fingers and thumb in the 'O' posture.

Rotate the ball towards your thumb, using your index finger and thumb in small steps. Rotate 5-10 times.

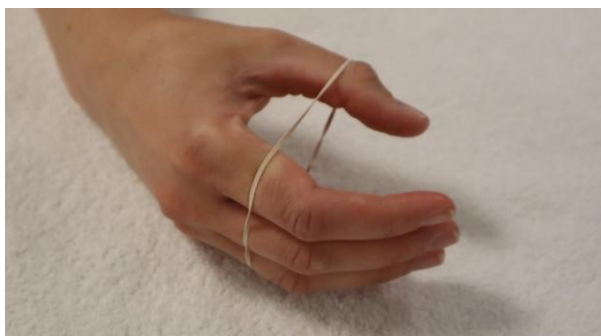
Weeks four to eight after surgery

Add elastic band exercises to increase resistance and help strengthen your thumb. The following exercises will be directed by your therapist

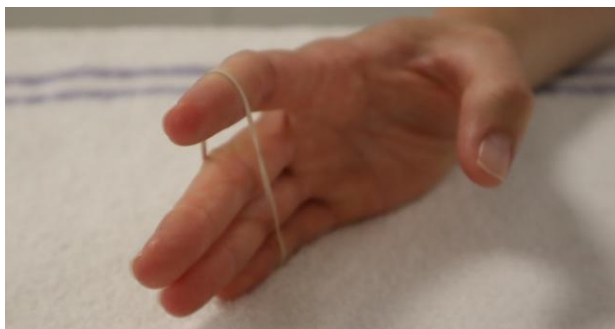
1.



2.



3.



Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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