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**Arthritis**  
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# Hand Exercises for Hand Osteoarthritis and Hand Pain



## **Hand Exercises** **Work Book**

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**HAND EXERCISES**  
**FOR HAND OSTEOARTHRITIS AND HAND PAIN**



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**Action Plans and Exercise Diaries in Appendix 3** may be reproduced for individuals to help make changes.

Further copies of this workbook are available from the Principal Investigator Dr Krysia Dziedzic and Dr Alison Hammond co-investigator and programme developer.

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**13.6.08**

If you have any questions about the **SMOotH** study, please telephone the study co-ordinator, **Sue Hill**, on **01782 734706**.



# WELCOME!

This programme is for people with hand osteoarthritis (OA) and **hand pain**.

The programme helps you learn how to do hand exercises to help you in managing any hand problems. There are 4 meetings of about 1 hour each. Each workshop is a mix of short talks and exercise practice. **The meetings are fun!** People say they really enjoy them and time flies by. We look forward to seeing you!

## Hand Exercise Programme

We focus on:

- What is hand OA and
- Keeping hands mobile

We discuss what hand pain and hand OA are and focus on:

- Hand exercises; keeping your hands more mobile is vital because we use our hands for almost everything we do.

This workbook shows you how to do the exercises. People who do regular exercise have less pain, joint stiffness and better ability to do everyday activities.

We hope you enjoy it – it's up to you to make the most of it!

## PURPOSE OF THIS WORKBOOK

Read the workbook in the days following each meeting. This helps you to remember key points discussed and new methods we try. The weekly home programmes help you to put what you learn into practice. The more time you are able to put into doing your home programme now, the quicker the changes will be and the more benefits you gain.

By following the programme and completing the workbook you will:

- Have a clearer understanding of your hand problem.
- Be able to do a regular hand exercise programme to keep your hands mobile. Regular hand exercises will help improve grip strength and dexterity.

The programme and workbook help you to gradually develop a hand exercise routine over the 4 weeks of the programme and beyond.

We know people who make these changes have:

- Less pain
- Less stiffness
- Less frustration
- And can do everyday tasks more easily.

But YOU need to do these exercises OFTEN ENOUGH for them to work. Do them regularly, not just when in pain. Don't think "I'll do that later, I'm not that bad yet."

We will take a step-by-step approach to helping you make changes.

Feel free to ask any questions you want to during the programme and we will try our best to help.

## USING THIS WORKBOOK

The main points from each meeting are here in this workbook.

- After each meeting, please **do read through the notes for that session.**
- At the end of each meeting's notes is the "Home Programme" to help you follow the exercises. It also helps you check your progress.

Please keep the workbook as a resource for the future.

## **CONTENTS:**

### **Meeting 1: Pages 10-15**

What is Osteoarthritis? How does it affect hands? Why exercise?

### **Meeting 2: Pages 16-22**

Hand Exercises – flexibility and strength

### **Meeting 3: Pages 23-29**

Hand Exercise Practice, Making Changes: Goal-setting and Action Plans.

### **Meeting 4: Pages 30-33**

Review of Hand Exercises. Continuing Making Changes.

### **Appendix 1: Pages 34-43**

Hand Exercise Pictures and Hand Exercise Diary

### **Appendix 2: Pages 44-47**

Other Information Sources

### **Appendix 3: Pages 48-55**

Extra Action Plans and Exercise Diaries



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**MEETING 1:**

**What is hand OA and hand pain?**

**Making a start.....**

## MEETING 1: What is Hand OA? Making a start...

Osteoarthritis (OA) is a condition causing joint pain. It can lead to difficulties doing everyday activities and can affect your quality of life.

- OA is the commonest form of arthritis in the UK.
- It is one of the leading causes of pain and disability worldwide.
- OA is **not** caused by ageing.
- It does **not** necessarily get worse.
- OA is slow to develop. It can change the structure of joints.
- Joints can still be symptom-free despite OA.

### Recommended reading:

Read the Arthritis Research UK booklet "Osteoarthritis"

- Particularly sections on how joints are affected (pages 2-7) and hand OA (page 11)

OA most often affects hands. OA in your hands affects the joint and surrounding tissues (eg the joint capsule, ligaments). It may cause pain, stiffness and limited movement. Occasionally, joints get inflamed (that is red, swollen and more painful). How bad symptoms are varies a lot. Pain and other symptoms often flare up and settle back down again.

Young people as well as older people have OA. It may occur in more than one joint at a time. The hips, knees and the lower part of the spine are also often affected. Shoulders, elbows, wrists and feet can be affected too, but this is less common.

Many people think OA is just part of getting older. They think OA always gets worse and can't be treated.

- OA does **not** always get worse as you get older.
- There **are** treatments available and changes to your lifestyle that you can make to help ease the pain and symptoms.

The **arc** booklet explains about the process of OA. It can be caused by a number of factors. OA is actually a repair process. Cartilage may be lost and bone may change shape. If the repair process is successful, the joint may change in shape and structure but is symptom-free.

### Additional information:

**The NICE guideline** (National Institute for Health and Clinical Excellence) **for Osteoarthritis** summarises the treatment, advice and support that people who have OA should be offered. The website is in appendix 2 on page 46.

## The effects of OA and what you can do

There are many different possible effects of OA. They can all interact to make each problem worse. See chart 1 overleaf. There are lots of lifestyle management strategies to help reduce these. Using a wide range of these means you are more likely to increase your physical activity, live successfully with your OA and reduce long-term problems.

## Why make changes?

Hand Exercises help you do everyday activities with less pain. You will need to make changes in your lifestyle to do these exercises. Ask yourself: **is it worth it for you to use exercises?** It can help you to think about WHY it could be useful to exercise in your daily life. How we spend our days helps give us meaning and enjoyment to life. Sometimes we do things because we have to. But we also need a balance of things we want to do, enjoy doing, and get satisfaction out of as well. Joint pain and OA can upset that balance. Think about: **what things are important for you to do in life?** Do you have any problems doing them because of your hand problems?

## Are any of these making it difficult to do things in life you want to do?

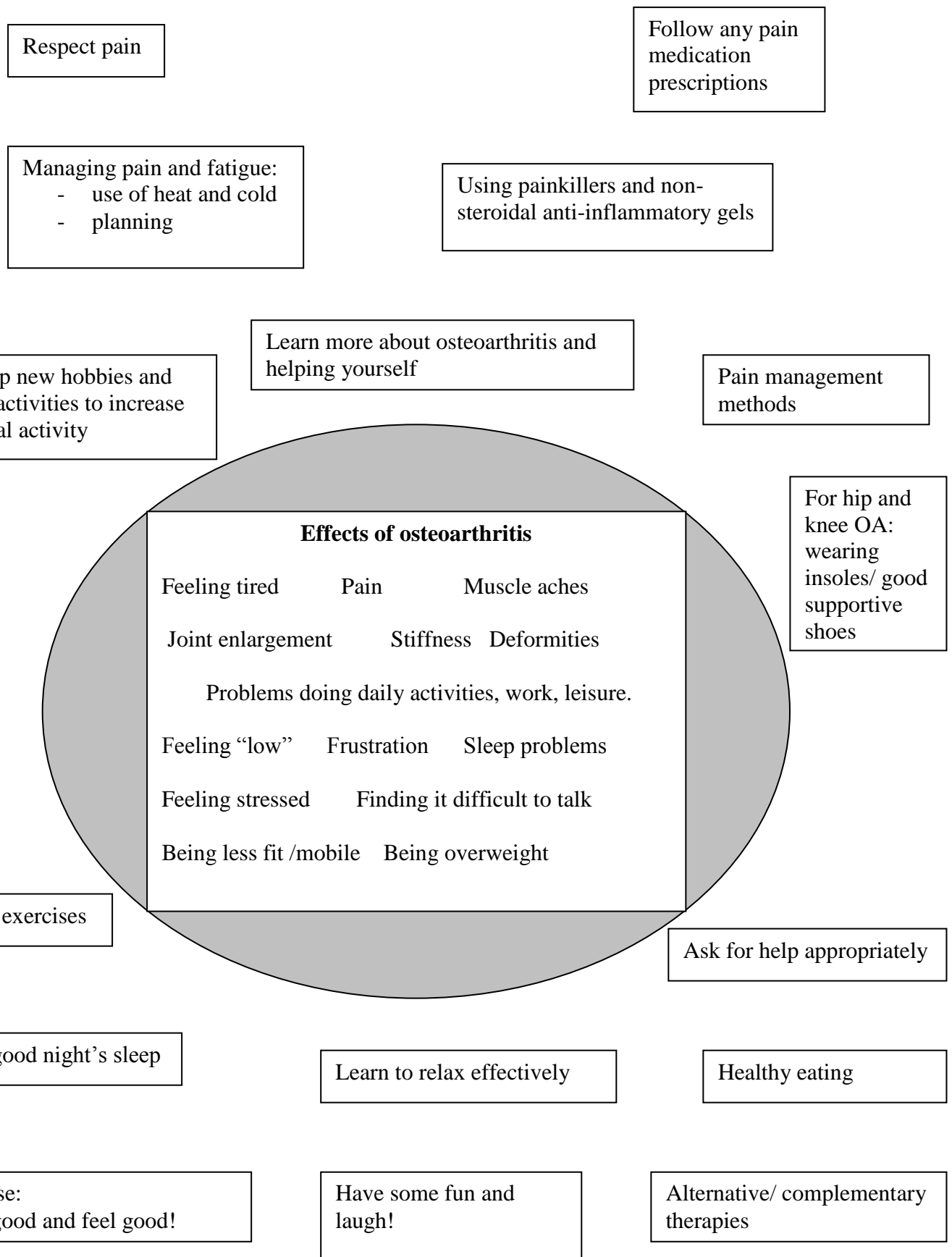
	<i>Tick below</i>
Pain	
Fatigue / tiredness	
Limited mobility / fitness	
Stiffness	
Any other?	

If you have problems with any of the above, hand exercises can be of benefit to you.

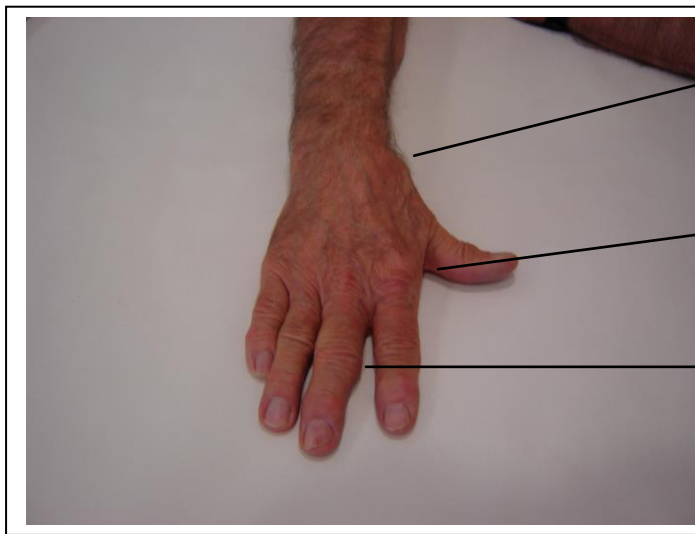
## Making changes

The commonest joints affected by OA are the hands (fingers and thumbs). This programme particularly looks at avoiding or limiting hand problems, but you can apply the principles learnt to problems with any other joints.

**Chart 1: MANAGING HAND PAIN AND OA SUCCESSFULLY**



These pictures show some changes people with hand OA can develop:



“Squaring” of the thumb

Loss of “web space”

Finger joints “knobbly”



Finger joints may buckle

It is **making the change** – putting the exercises into practice – that is the main aim of these meetings. The home programme helps you make these changes. **It is up to you** to carry out the advice given or the programme can only be of limited benefit.

## HOME PROGRAMME – MEETING 1.

1. During the week think about how your hand pain / hand OA is affecting you.
  - Is it worth it for **you** to change?
2. Start some gentle hand exercises for the wrists and fingers (as discussed today). See Appendix 1 on page 35 for guidelines.
3. Read the recommended reading from the **arc** booklet “Osteoarthritis”.

**Appendix 2 lists other books and websites you may like to look at during the programme or in future.**

**MEETING 2:**

**Hand Exercises, Changing Habits**



## **MEETING 2: Hand Exercises, Changing Habits**

In the first meeting, we looked at how your hand movement is affected. Exercise is important. You need to move joints fully or they stiffen up and muscles weaken.

### **Changing habits and routines**

It can be difficult at times to fit in hand exercises into daily routines. **There are 3 main stages to LEARNING NEW HABITS:**

#### **1. LEARNING**

- Getting an “overall picture” in your mind of how to do the movement. We learn by watching demonstrations, hearing and reading instructions, seeing pictures, watching others and being physically guided.
- We also learn by “mental rehearsal” (or visualisation) – imagining in our minds how to do the exercise, making this “overall picture” clearer. This is a very helpful way to get in extra practice and to learn the exercises faster.

#### **2. FIXING**

- Developing the exercise skill until it feels comfortable and no longer awkward or clumsy. This stage needs:

**PRACTISE** – as regularly and often as possible

**FEEDBACK** – are you getting it right? You get this from....

- Yourself: Watch what you do and tell yourself in your mind if you are doing it right or wrong and how to improve.
- Others: The clearer the feedback, the quicker you correct yourself and do the movement properly.

#### **3. AUTOMATIC**

- Doing the exercises automatically even whilst you are doing or thinking something else or being distracted. This takes MORE PRACTICE.

Even when you think you’re doing them, it may still only be part of the time. **KEEP ON PRACTISING!**

## HAND EXERCISES

Many people with hand osteoarthritis, like you, slowly lose some movement in their hands. You may have problems with gripping and pinching. So it gets frustrating doing things. Regular hand exercises keep your hands as mobile as possible. They help strengthen hand muscles – making all your everyday activities that bit easier.

Exercise helps keep your joints moving. In meeting 1 we saw how joints are affected by hand OA. Muscles help support joints, but they too can weaken because of pain and osteoarthritis. Exercise keeps your muscles as strong as possible and joints moving as normally as possible.

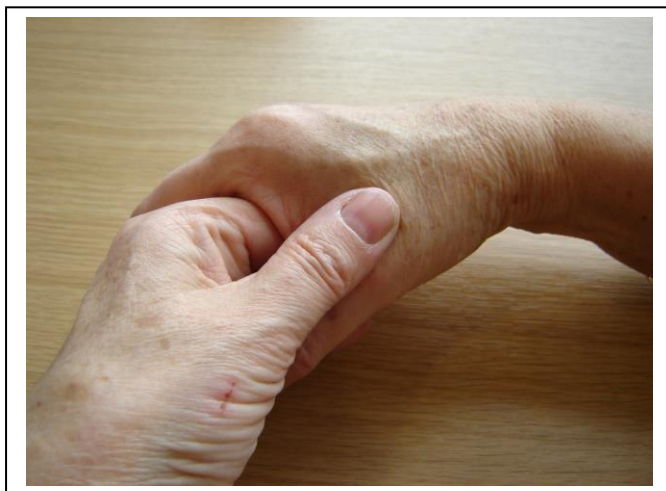
- All the hand exercises are shown on **pages 34-43 in Appendix 1 towards the end of the workbook**, along with an exercise diary.

### **Starting out – range of movement/ flexibility exercises**

Start doing the exercises **slowly**. Move your joints as far as feels comfortable to you - **do not force**.

#### **Before you start you can optionally:**

- Soak your hands for a few minutes in warm water first – helps relax muscles.
- If your thumb web space/s have got smaller: Gently press the muscles in the web space between the other thumb and index finger using a circular movement. This also helps relax muscles.



### First week

1. Start with just 3 repetitions of each of the range of movement (or flexibility) exercises.
2. Do a steady “warm up:”
  - First repetition: move your joint/s about 70-80% of how far you think it will go
  - Second repetition: move to 90%
  - Third repetition: stretch as far as you can comfortably go. Hold the movement at your “end of range” (that is, as far as the joint will go) for 3-5 seconds – see how you feel the next day.
3. No problems? Continue the exercises once a day *everyday* if possible - or at least 4-5 times a week.
4. If you feel any pain or discomfort, start off gently and do just one or two movements at first. Keep trying.

### Second and later weeks

5. If 3 repetitions are easy – gradually BUILD UP EACH DAY over the next few weeks. Add on a 4<sup>th</sup>, 5<sup>th</sup> ... up to 10 repetitions.
6. If you want to do the exercises a couple of times a day – this is fine. Build up your exercise to suit you.

### **Starting out - strengthening exercises**

If you had no difficulty with the range of movement exercises on the first two or three days you tried these, add the strengthening exercises using the elastic bands or Play-Doh.

### First week

1. Again start slowly, do only 3 repetitions. See how your hands feel the next day.
  - If you have any pain or discomfort, continue with the range of movement exercises only for the first week (or two or three weeks as suits you).
2. Increase the number of repetitions doing exercises or time spent using Play-Doh as your hands get more used to exercising.

3. No problems? Continue the exercises every day or on most days.

- You can split the exercises up over the day. You don't need to do them all in one go.

This week's home programme suggests a schedule of hand exercises. This helps you build up week by week. When you are used to exercising, you will find you can easily do them whilst watching TV, during a break at work or home, in bed – whatever suits you.

- Do them more than once a day if you want to.

#### **HANDY TIP: PLAY-DOH EXERCISES**

When starting to exercise:

- Use a small portable kitchen timer (or your mobile phone) to set an alarm for 5, 10, or 15 minutes time (you decide).
- This means you won't accidentally get "carried away" and exercise for too long!

#### **What do I do if I get any pain?**

If you have any pain or discomfort:

1. First check if you have done anything unusual with your hands over the last few days. Maybe you over-strained them doing something else without being aware at the time. This should settle in a day.

2. Do all the exercises within your limit of discomfort. All exercises are difficult at first because our joints and muscles may not be used to being stretched so far and may be weak. Decide if what you are feeling is discomfort (muscle ache from exercise and stretching of muscles) or joint pain.

3. If it is joint pain (OA often varies from day to day) then take a rest from the exercises that day.

4. If you feel that you can't do an exercise on a particular day, or all of them, this is OK. Start the exercises again as soon as you can.

5. If your hand / or finger pains start during the exercises, just rest for 15-20 minutes and try again.

6. If after 2 hours the pains still remain, leave the exercises for that day and try again the next.

7. If the pains last until the **next** day, leave the exercises for that day, but try again the next.

8. Once the pain settles, restart the exercises. Start doing just the range of movement exercises. Do a few repetitions every other day. Build up again slowly.

Osteoarthritis may go through periods of flare-ups when joints are more stiff and painful. You may find that you need to reduce the number of repetitions you do and leave out the strengthening exercises if your hands are hurting more.

9. Use painkillers if you need to. Use heat / cold – see Arthritis Research UK Osteoarthritis booklet.

Exercise **cannot** damage your joints. Do them sensibly and carefully and “listen to your body.” When your hands hurt - do less. When they are better, do more and add in the strengthening exercises.

Several short periods of exercise are better than one long session. Doing them for too long is more likely to cause aches and pains. Your muscles may not be used to that much activity. Once you get used to the exercises, spread them throughout the day.

- **The exercises are shown at the end of the workbook in Appendix 1**

**Recommended reading:**

You might be interested to read the Arthritis Research UK leaflet “**Keep Moving**”. A copy of this is in your pack.

## HOME PROGRAMME – MEETING 2

Try and do as much of this as you can. Spread it over the week. Most of the activities are quick.

1. Spend time “mentally rehearsing” or picturing the exercises in your own mind, that you are learning.

2. Start the hand exercise programme (see Appendix 1 for pictures) – just the range of movement exercises first. Add the strengthening exercises during the week **if** you can. (It’s OK to leave this to next week). Decide how often you think you can do the hand exercise programme and write your decision down below.

**I AIM TO PRACTISE       .....       TIMES DURING THE WEEK.**

There is an exercise diary in this workbook (Appendix 1, page 42) to help you track how often you do these.

**MEETING 3:**

**Hand Exercise Practice**

**Making Changes: Goal-setting.**

## MEETING 3: Making Changes: Goals-Setting

### CHANGING HABITS

For exercises to work, you need to put in regular, frequent practice for them to begin to feel natural and automatic to you. However, it's all very well to say "do it regularly at home" but this is not always so easy. There are many barriers, for example:

- Too busy, too much to do
- Too many demands from others at home and work
- Getting bored or forgetting
- Feeling there are too many things to change and it's impossible
- Not being sure you want to change.

Look back at the section on **Why Make Changes** in Meeting 1 (page 12). People move through different "**Stages of Change**" as they make any changes:

- 0 Not thinking of changing (eg not planning to use exercise)
- 1 Starting to think about change (if you are at this course – you're at least here!)
- 2 Deciding about your attitudes and beliefs towards exercise (will it work for you?)
- 3 Getting started.
- 4 Sticking with it.
- 5 Doing the exercises enough at an effective level
- 6 Looking out for and overcoming problems and barriers and keeping it up!

Hopefully now you are at Stage 2 – 3 and you want to make sure you keep moving along these stages. The barriers you face are very real problems. One way of motivating yourself to overcome these is to make an agreement with yourself, ie **SETTING GOALS**.

There are two types – long term and short term:

#### **Long term goals:**

These are general eg:

"I want to reduce the amount of pain or aching I have when working (at home or work) and feel less tired at the end of the day."

" I want to keep up my hobby / work...."

Whatever is important to you, look at the steps to help achieve this goal step-by-step. These are:



## Short term goals:

The small steps that you need to make today and this week to help you on your way. They need to be **specific**. It helps to **write** an **ACTION PLAN**.

## ACTION PLANS

To successfully exercise set yourself realistic goals each week.

1. **ASSESS** yourself honestly and start where you are. Be realistic about your current ability and the time you have to practise.
  - Start with something reasonable. Don't be over-optimistic. If you don't succeed you are more likely to give up. Any improvement is better than none! Build up slowly. Aim to change a few things at a time.
2. **ACTION** – be specific about what you will do. For example, practise the range of movement hand exercises.
3. **HOW MUCH** – will you do? For example, how many times will you do each hand exercise (3 repetitions?).
4. **HOW OFTEN** – will you practise these? For example, twice a day, 4 times a week. Give yourself time off. Don't feel you have to do the exercises everyday. That way if you have a bad day or are busy, you won't feel guilty.
5. **HOW SURE** – are you that you can do this? On a scale of 0 – 10 (with 0 totally unsure and 10 totally sure):
  - “How sure are you that you can complete this specific goal?”
  - “How sure are you that you can do the whole ACTION PLAN?”
  - If you score **7 or more** out of 10 – you probably will do it. If you score less – drop your plan down a bit until you feel sure.
6. Give yourself a reward for achieving your action plan!

A reward may be, for instance, a rest, a cup of tea and a biscuit when you have completed a goal. If you do all the things you planned to for the week – do something you find a treat. Give yourself a “pat on the back” – tell yourself how well you are doing by achieving these! Plan your reward ahead, so you have something to look forward to.

Some weeks you may do less than others – you may not be feeling so well, or there may be a lot of other things happening that week (or you are on holiday). Don't see this as a failure and a step backwards – keep on doing what you can realistically each week – **take things one step at a time.**

Make the Action Plan REALISTIC. Something you know that you could do, but is still a bit of a challenge. (How many New Year's resolutions have you broken in the past, because you bit off more than you could chew?)

There is an example of an Action Plan on the next page. Most of all, decide what is important for you to do.

Writing it down increases the chance that you will do it!



## HOME PROGRAMME – MEETING 3

Some ideas to try this week are:

1. Mentally rehearse (or practise in your mind) doing the flexibility hand exercises a few times.
2. Continue to practise the hand exercises – use the exercise diary (**Appendix 1**) to keep a record.
3. Decide on your own goals for practice. Some ideas are:
  - doing the range of movement hand exercises 5 times a week
  - doing the strengthening exercises 3 times a week
  - decide how often works best for you.....

**Write down your own goals in the ACTION PLAN overleaf for the next week, check how sure you are you will do them – and of course, complete your plan!**

# ACTION PLAN

Dates from: _____ to: _____
<b>The Plan:</b>
1. _____
2. _____
3. _____
4. _____
5. _____
<b>I am sure I can complete this plan (circle):</b>
0 1 2 3 4 5 6 7 8 9 10 (not at all sure) (totally sure)
<b>When I complete the plan, my reward will be:</b>
_____
_____
<b>How well did I do with my plan?</b>

**MEETING 4:**

**Review**

**Continuing To Make Changes**

## **MEETING 4: Review. Continuing to Make Changes**

### **Remember:**

Exercise and rest are complementary.

When your muscles, which help protect and move weakened joints, are tired then more strain is put on your joints. This can cause increased pain.

- Taking short rests helps muscles and the joint support structures (capsules and ligaments) to “recover” from daily strains.
- Exercise helps improve your muscle strength and helps support your joints. “Fitter” muscles tire less easily.

### **CONCLUSION**

This is the last meeting in this programme. On the following pages you will find the last home programme. There are a number of Action Plan sheets and Exercise Diary sheets in **Appendix 3**. Please do use them to help you keep practising what we have tried in this programme.

**Good luck with the Action Plans!**

## HOME PROGRAMME – MEETING 4

Some suggestions for you to try...

1. Decide on your own goals to practise for the next week for hand exercises..... Practise using mental rehearsal too if you found this helps.
2. **Write your Action Plan** - use the diary sheets too if you want to record how well you do with your goals.
3. Continue to make a weekly Action Plan for at least a further 4 weeks. As the weeks go by, the exercises become more of a habit. You will find – your Action Plan changes as you don't need to consciously practise any more – they have just become new habits.
4. Finally, go through this Workbook again in a month's time. Look through all the exercises we have practised. Are they automatic now? How do your hands feel? Improved strength and movement?

Action Plans help you make a contract with yourself that you are less likely to break.

**We wish you all the best.**

*The SMOoth Study Team*



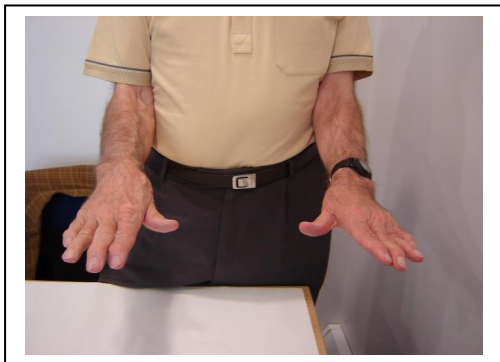
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## **APPENDIX 1**

### **Hand Exercises and Hand Exercise Diary**

**HAND EXERCISES: Range of movement (or flexibility) exercises.**  
(Read pages 16-21 before you start the exercises first time).

**1. Keep wrists mobile**



For part (a) and (b), you may find it easier to support your forearm on the arm of a chair or over the edge of a table – make sure the wrist can move freely.

a. Lift your wrist up, until you feel a gentle stretch. Hold for 3-5 seconds. (Do both hands at the same time if you want to. Your fingers can be bent or straight).

b. Then bend your wrist down towards the floor, until you feel a gentle stretch. Hold for 3 - 5 seconds. (Do both hands at the same time if you want to).

Repeat these two wrist movements x 3 in the first week. Increase to x 5 in the second week. Then up to 10x over next few weeks.

c. Put both hands **and forearms (up to your elbows)** flat and well supported on a table in front of you. (Or tuck elbows into sides if sitting / standing). Keep your palms as flat (face down) on the table as you can – hold for 5 seconds. (Give your thumb a stretch out at the same time).

d. Keep your elbows / forearms on the table (don't lift them off or lean sideways) and bring your palms face up (feel the stretch). Bring your thumbs down to the table as far as you can. Hold for 3-5 seconds.

Repeat these two palm actions x 3 in the first week. Increase to x 5 in the second week. Then up to 10x over next few weeks.

## HAND EXERCISES: Range of movement exercises.

### 2. Stretch and slow close



a. Stretch your hand out – hold for 3-5 seconds.



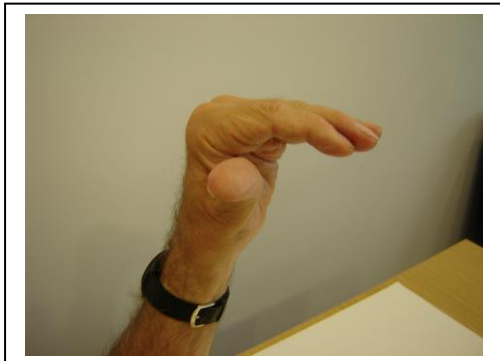
b. Bring your fingers together. Then roll down your fingers (keeping the knuckles straight – just bending at the middle finger joints). Feel the gentle stretch and hold for 3-5 seconds. (If it's hard not to bend the knuckles, then try keeping them straight with your other hand).



c. Roll fingers down to a full fist – wrap your thumb across the top - feel the stretch and hold for 3-5 seconds.

d. Unroll your fingers, and make a Γ shape at your knuckles – knuckles bent at 90° and fingers held straight out.

Then go back to (a) above – stretch out your hand.



Do this x 3 in the first week and x 5 in the second week. Then up to 10x over next few weeks.

**Repeat this with the other hand.**

## HAND EXERCISES: Range of movement exercises.

### 3. Finger walk to thumb



a. Put your hand flat on a table in front of you. Stretch your thumb and fingers as far down at the side as you can – hold for 3-5 seconds.

NOTE: The following is a difficult exercise, which needs practice.....



b. Keeping your hand flat on the table throughout – lift the index finger only up off the table – hold it for 3-5 seconds – and “walk” it across towards your thumb.



c. Then lift your middle finger off the table – hold for 3-5 seconds – and “walk” it towards the thumb.

d. (Not shown). Repeat with your ring finger. (This is really hard even if you don't have OA – so don't worry if you can't do it).



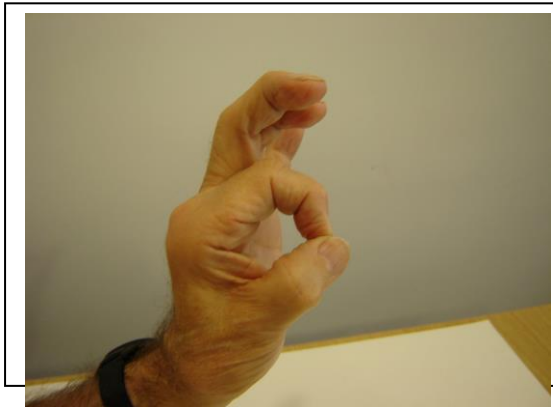
e. (Not shown). Lift your little finger off the table – hold for 3-5 seconds – and “walk” it across towards your thumb.

f. **Finally** lift your hand off the table and put it back down flat to start again. (Never walk your fingers back towards the little finger).

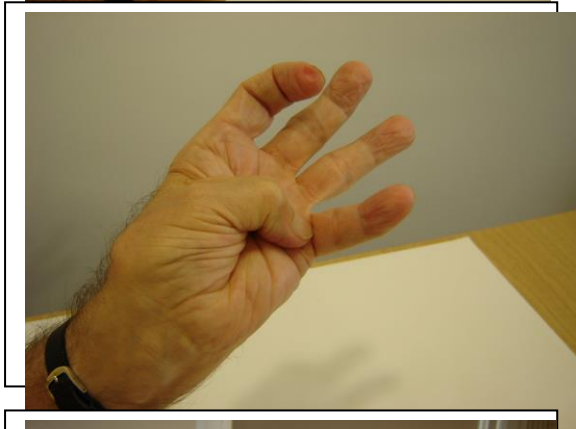
Do this x 3 with each hand, increasing to x 5 (to a maximum of 10).

## HAND EXERCISES: Range of movement exercises.

### 4. All thumbs



a. Touch the thumb to tip of each finger in turn.



b. Touch thumb to base of 5<sup>th</sup> finger.



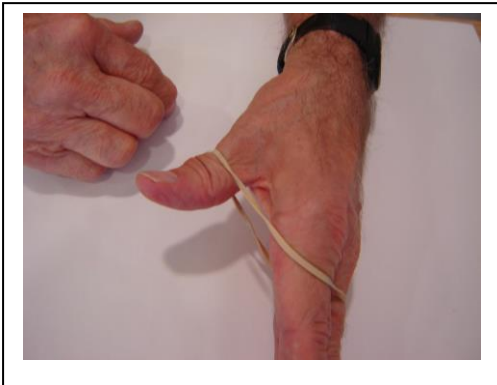
c. Stretch the thumb up to "hitch- hike".



d. Stretch and swing thumb out and down to touch surface resting on. Keep fingers straight and supported.

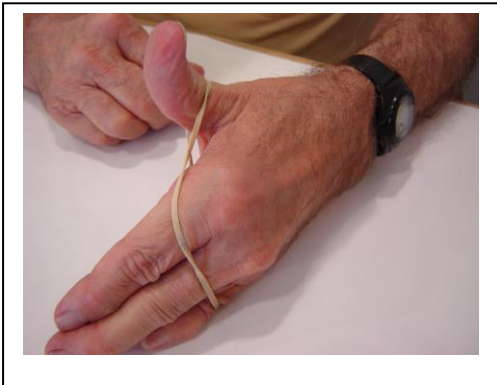
## HAND EXERCISES: Strengthening

### 5. Elastic band – thumbs and fingers



a. With a medium sized elastic band – loop it round the hand (just above knuckles) and over the thumb.

b. Stretch your thumb down, then out to the side.



c. Then bring it up – hitch-hiking.

Start again – just do a few times.

(Make sure the band isn't too strong – just a bit of resistance is needed).



d. Loop band round thumb and fingers. Stretch all of them apart. Repeat.

## HAND EXERCISES: Strengthening

**Using Play-Doh** – do this on a table or a tray on your lap. Take care it doesn't get on your clothes! Use a small portable kitchen timer to set yourself an alarm for 5 or 10 minutes so you don't do it for too long.

### 6. Putty roll



a. Using some Play-Doh, roll it out into a sausage shape on a table. Feel your fingers stretch as you push down and forward on the Play-Doh.

b. Straighten and lift up your fingers as much as you can as you push and pull. Swap hands and then use two hands to roll out as the sausage gets longer, until its about 8-9 inches long.



c. Loop the sausage round to form a circle (you need to overlap the ends by 2 –3 inches or so, and squash the ends firmly together – or your loop will break too soon).

d. Put your fingers through the middle of the circle and stretch your fingers out straight – until your loop breaks.



e. **Gently** squeeze the Play-Doh alternately between your hands into a ball shape. Stretch each hand out between each squeeze. Only do this for short periods at a time (eg few minutes) as your hands may ache if you overdo this. Don't twist your fingers as you squeeze – just mould gently into a ball shape.



f. Pinch the Play-Doh between the thumb and index fingers.

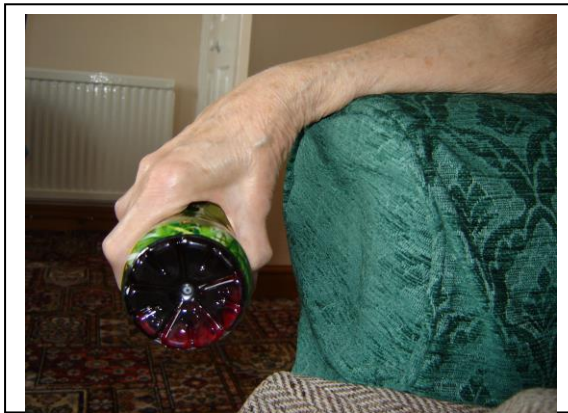
Repeat all the exercises with the other hand.

Do each x 3 first week; x 5 second week – increase up to 10 x as it gets easier.



## HAND EXERCISES: Strengthening

### 7. Wrist strengthening



Just the same as “keep wrists mobile” – but with a light weight.

You can use:

- a light exercise weight (0.5 – 1lb, or up to 0.5 kg)
- a can or a small drinks bottle (water or soft drink).

a. Support the forearm for comfort if you want to.

b. Lift the wrist slowly up and down.

c. Repeat x 3 in first week, x 5 in second week, up to a maximum of 10 x afterwards each time you exercise.

d. Turn the wrist over, and repeat bringing the wrist slowly up and down. Repeat x 3 in first week, x 5 in second, up to 10 x maximum each time you exercise.

e. Look for drinks bottles with a “waist” as a narrower bottle is easier to hold.

A 500cl bottle weighs 0.5kg (or about 1lb) is just right. If too heavy just pour some water out. Add it back in as you improve. If too light, replace the water with sand.

## HAND EXERCISE DIARY

### Range of movement / flexibility exercises:

- Week 1: do 3-5 days a week – 3 repetitions.
- Week 2: do 5-6 days per week, increase to 5 repetitions if possible.
- Week 3 onwards: increase to daily if possible, and slowly build up to a maximum of 10 repetitions.

You can spread the exercises out in the day.

### Strengthening exercises:

- Week 2: do on 3 days a week.
- Week 3: build up to 5 days a week, and slowly build up to a maximum of 10 repetitions.

If you find the exercises easy, build up the repetitions and days more quickly. If you can't do as many, then do what is comfortable. Everyone is different and OA changes over time. The more you can do the more benefit you gain.

***Tick for each time you practise – note the number of repetitions you can do***

DAILY RECORD WEEK:	S	M	T	W	Th	F	S	TOTAL
1. Flexi								
Strength								
2. Flexi								
Strength								
3. Flexi								
Strength								
4. Flexi								
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5. Flexi								
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6. Flexi								
Strength								
7. Flexi								
Strength								
8. Flexi								
Strength								

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## **Appendix 2**

### **Further Information**

## APPENDIX 2: FURTHER INFORMATION

### **BOOKS**

You should be able to order these from any library or good bookshop with a book ordering service. If you have difficulty, try [www.amazon.co.uk](http://www.amazon.co.uk) online. New editions are published every few years – so check if there is a newer edition since the time of writing this workbook.

1. Kate Lorig and James Fries (2006). **“The Arthritis Helpbook: a tested self-management method for coping with arthritis and fibromyalgia.”** Sixth edition. Perseus books (Cambridge, Massachusetts, USA).
  - Lots of practical advice
2. Bird H, Green C, Hamer A et al (2006). **“Arthritis: Improve your health, ease pain and live life to the full.”** Dorling Kindersley.
  - Lots of practical advice, well-illustrated
- 3 Arthritis Foundation (2005). **“The Arthritis Foundation’s Guide to Good Living with Osteoarthritis.”**
4. Arthritis Foundation (2001). **“Tips for Good Living with Arthritis.”**

### **ARTHRITIS CHARITIES**

#### **Arthritis Research UK:**

**Arthritis Research UK** produce a wide variety of information leaflets and a quarterly magazine “Arthritis Today” which has lots of practical information as well as up to date information about research and treatment for arthritis. You can download all their information sheets and booklets from their website or write to them direct requesting an order form to receive these by mail:

Arthritis Research UK  
PO Box 177  
Chesterfield  
Derbyshire S41 7TQ

[www.arc.org.uk](http://www.arc.org.uk)

## **Arthritis Care**

Also produce a wide range of very useful information leaflets/ booklets, all downloadable from their website as well as available free by writing to:

Arthritis Care  
18 Stephenson Way  
London NW1 2HD  
Telephone: 07834 418457  
[www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)

If you would like to hear more about other people's experiences of living with osteoarthritis – and you have access to the internet – go to their website

- Click on the video diaries link.

Several of the diaries are made by people with osteoarthritis.

They have a regular magazine with practical tips and information. They also run an excellent arthritis education programme nationally called “Challenging Arthritis”. If you want to have a “refresher” or simply another chance to meet others with arthritis and swap ideas – these are very positive programmes – well worth going to. They are run by people with arthritis. Arthritis Care is often looking for people willing to train to run these programmes. Get in contact.

### **NHS Direct:**

NHS Direct provides information and advice about health, illness and health services, to enable patients to make decisions about their healthcare and that of their families. NHS Direct delivers telephone and e-health information services day and night direct to the public. Over two million people now access NHS Direct every month. For health information and advice, contact NHS Direct on 0845 4647 or [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

### **Local support groups**

Both Arthritis Research UK and Arthritis Care have a network of local branches, which do a variety of activities, including self-help groups, regular information meetings and/or fundraising. Please contact the charities to find details of groups local to you – or ask the programme leader who can give you details.

### **NICE: National Institute of Health and Clinical Excellence**

This national organisation produces guidelines for health professionals in how to assess, treat and manage osteoarthritis. If you are interested in further information, the guidelines can be found at:

<http://publications.nice.org.uk/osteoarthritis-cg59/guidance>

## **Arthritis Foundation – USA**

[www.arthritis.org](http://www.arthritis.org)

This website has a wealth of information on arthritis. Lots of practical tips sections can be found under the Resources section, including advice on managing work, relationships, practical tips on managing everyday activities. There is also a wide range of publications as well as on-line brochures you can download.

In future the site may have an on-line arthritis self-management programme available – so keep an eye out for what develops on the site.

## **The Arthritis Society – Canada**

The website contains lots of practical “Tips on Living Well” with Arthritis. For example in the “Managing Daily Activities” section there are lots of practical ideas on Looking After Joints

[www.arthritis.ca](http://www.arthritis.ca)

### **If you are still working and need help at work:**

There are some good booklets published with advice on helping people with arthritis stay in work. One is published by the National Rheumatoid Arthritis Society. **Although it has rheumatoid arthritis in the title, the advice is just the same for people with osteoarthritis.**

**“I want to work: a self-help guide for people with rheumatoid arthritis.”**

Available from

**National Rheumatoid Arthritis Society**

Unit B4 Westacott Business Centre

Westacott Way

Littlewick Green

Maidenhead

Berkshire

SL6 3RT

[www.nras.org.uk](http://www.nras.org.uk)

**Appendix 3**  
**Spare Action Plan Charts and Exercise Diaries.**











**EXERCISE DIARY (Tick for each time you practise)**

<b>WEEK</b>	<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>S</b>	<b>TOTAL</b>
1. Flexi Strength								
2. Flexi Strength								
3. Flexi Strength								
4. Flexi Strength								
5 Flexi Strength								
6. Flexi Strength								
7. Flexi Strength								
8. Flexi Strength								

**EXERCISE DIARY (Tick for each time you practise)**

<b>WEEK</b>	<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>S</b>	<b>TOTAL</b>
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6. Flexi Strength								
7. Flexi Strength								
8. Flexi Strength								

**EXERCISE DIARY (Tick for each time you practise)**

<b>WEEK</b>	<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>S</b>	<b>TOTAL</b>
1. Flexi Strength								
2. Flexi Strength								
3. Flexi Strength								
4. Flexi Strength								
5 Flexi Strength								
6. Flexi Strength								
7. Flexi Strength								
8. Flexi Strength								