

Do's & Dont's

- If possible, avoid persistent, vigorous weeding by limiting the time spent.
- If necessary to use your hands, switch hands frequently, rest & stretch.
- When writing use a soft-felt tipped pen, which requires & necessitates less pressure than a ball-point or a pencil.
- Needle point activities should be limited.
- Once all of the stretches presented on this page can be done without pain, then you can start strengthening by squeezing a rubber ball for 5 minutes 2-3 times a day.

Adductor Pollicis Stretch

Press the thumb & index finger of each hand against each other & the bottom of a warm water wash basin.



Finger Flutter Exercise

Either in the seated or standing position, allow your arms to hang down with gravity completely relaxed. Move your arms and elbows to cause a flutter-like motion at the hands, demonstrated at right, for 15-30 seconds. Perform 3-5 times a day



Thumb Stretch



Balance the elbow of your extended forearm and grasp your thumb with your other arm. Pull your thumb back as picture above. Hold this position for 3 -5 deep breaths. Perform 1-3 times a day until stretch is no longer painful.

Start with your hands spread out and your palms away from you (figure A). Then, rotate your forearms around so that your palms are towards you (figure B). Next, bend your pinky finger, followed progressively by your ring, middle, index and thumb fingers (figure C). Your hand should be fist at this point and the next part is to curl your fists (figure D). Lastly, reverse the steps so you end in the beginning position & repeat the whole thing 3 times. Perform this stretch 3 times a day.

Artisans Self-Stretch

