

Muscle strengthening for hand, thumb & elbow pain

Aim: To strengthen the muscles of the forearm that control grip strength of the hand and consequently reduce hand pain and improve function

The exercise: You will need something soft and compressible such as a rolled-up sock or ball of wool or 'stress' ball

1. Sit and rest the exercising hand on a cushion on your lap, the arm-rest of a chair, a table or on your thigh
2. Place ball in one hand
3. Squeeze as tightly as you can for 30 seconds
4. Release and relax for 3 seconds
5. Repeat steps 3&4 until your arm is tired or aching. Try starting with 10 repetitions
6. Repeat for the other hand

As you improve:

1. Squeeze for longer
2. Do more repetitions, aiming for 30 per hand



How often? Do these exercises in the morning and evening, perhaps whilst watching TV or relaxing

Making this a daily ROUTINE is the KEY!