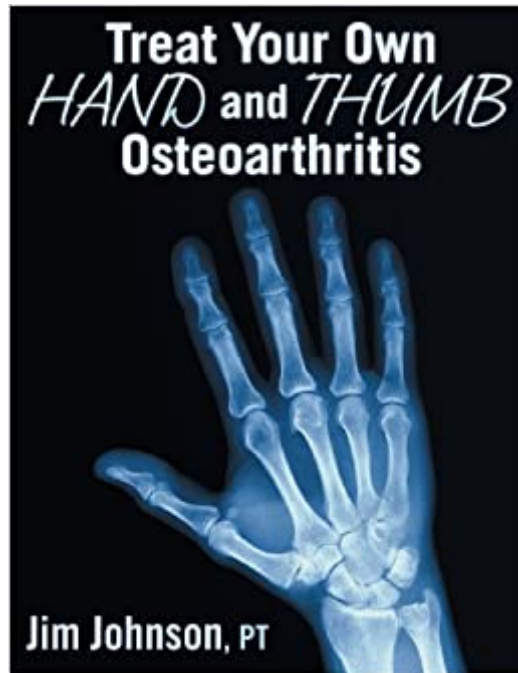




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# Treat Your Own Hand And Thumb Osteoarthritis



## Synopsis

Drawing from the latest research, *Treat Your Own Hand and Thumb Osteoarthritis* is a friendly manual that offers a simple, yet effective program for those who suffer from hand and thumb osteoarthritis. Illustrated with over 100 step-by-step photographs, readers will find easy-to-follow exercises that are designed to make their hands less stiff, much stronger, more coordinated, and less painful. Perhaps best of all, the exercises can be done in the privacy of one's home with little cost or equipment - and they take just a few minutes each day to do.

## Book Information

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## Customer Reviews

Back arthritis? [Check out this author's back pain book \*Treat Your Own Spinal Stenosis\*.](#) Knee arthritis? Check out this author's knee arthritis book [Treat Your Own Knee Arthritis](#).

Chapter 1 "Hand Osteoarthritis: Not a Hopeless Case" goes over the natural history studies on hand osteoarthritis. Readers will be interested to know that long-term studies actually show that hand osteoarthritis does not necessarily have to get worse over time. In other words, not all arthritic hands will hurt more as time goes on and some actually improve. Chapter 2 "Getting to Know Your Hand" goes over the hand anatomy you need to know about to get your hand better. There are lots of pictures, so it's not as boring as you might think. [You just might be surprised how many little bones you have in your hand - and how few muscles there are in the fingers!](#) Chapter 3 "Getting Rid of That Stiffness" aims to show you how to get rid of any stiffness you have in your hand. Here you will learn how to make a home-made hot pack, along with many pictures showing you how to stretch out all the major joints and muscles in your hands. Chapter 4 is titled "Making Your Hands Stronger".

With more pictures, you're shown exercises to improve the strength of your hands and fingers. Probably the best part is that there is a specialized section for people struggling with thumb arthritis. The book goes into how your thumb is put together, and shows you an important stabilization exercise to treat thumb arthritis. It's a simple exercise you do with a rubber band - but it strengthens a key muscle that supports the little ligaments that fray away over time and cause your thumb to become angled and deformed. Several of these exercises I have personally developed myself and you won't find them elsewhere. Chapter 5 "Increasing the Coordination In Your Hands" shows you how to improve your hand coordination. The main exercise is done with a pair of small balls and can be done while watching TV. This exercise has been tested in a controlled trial and found to work in a matter of weeks! Chapter 6 is titled "How to Protect the Joints in Your Hands". Here you learn smart ways of using your hands to avoid pain and cause further deformity. This chapter has dozens of pictures showing you the right and wrong ways of doing everyday tasks, from peeling potatoes to brushing your teeth. Chapter 7 is "The Usefulness of Splints" and shows you what splints you might want to consider trying out for your fingers and hand. There are pictures of splints that are widely available at drug stores or online. If you don't like the idea of wearing a splint, this chapter might make you think twice. Here the book goes over studies showing that splints can effectively decrease hand pain and actually keep the bones in place as you use them. It's been proven! Chapter 8 "How to Stay on Track" is kind of a "putting it all together" chapter. You get 6-weeks' worth of exercise sheets. This is nice, because all the exercises in the book are shown in pictures in one place, and you can check them off as you do them each day. This eliminates any confusion about what to do and when to do it - and it keeps you on track. Chapter 9 has a hand scale you can use to track of your progress, and Chapter 10 are the references - the entire book is completely based on published research studies from peer-reviewed journals and randomized controlled trials. While this book is a mere 86 pages, it is a very comprehensive source on how anybody can treat all aspects of their hand and thumb arthritis. I have also written it in a little larger print, so those with vision problems will have an easy time reading it. You can learn more about the author and his books at [bodymending.com](http://bodymending.com)

I was a bit skeptical, but needed to do something to relieve the pain in my thumbs and hands. I have worked on computers for 34 years as a secretary/bookkeeper and am an avid cross stitcher and crocheter. Unfortunately my hands have not appreciated the over use. I have also broken a couple of fingers, my wrist and dislocated a thumb through the years. The first few days of following the outlined exercises were a little hard and I kept forgetting to do them throughout the day. But after a

week I started noticing I was able to move without as much stiffness and I wasn't noticing the achiness in my thumbs during the evenings. So I started doing the exercises more and now, about three weeks later, I notice a huge difference in much lower pain levels and easier movement. I have more flexibility and can actually grasp a piece of paper between my thumb and finger without dropping it. I can't say enough good about this book. Yes, there is still a little pain - but it nothing compared to what I was living with before. I have even restarted cross stitching since I can hold the needle again!

I am a massage therapist and having issues with the cmc joint on my left hand. The information in this book is good, just a little more basic than I thought it would be. However, there are some helpful exercises and stretches that I liked. Overall, it was money spent wisely.

Exercised seem to me non painful and do give me range of motion.

We ordered this book so that my wife could have some exercises for her arthritic fingers. She has found them quite helpful, and she continues to used them daily. It is easy to read, and the exercises are clearly described.

Excellent resource for those of us who wish to delay/avoid surgery.

I think the book is well written and informative. The exercises are good and easy to follow. The problem is that the book was not for me but for my husband. He has been lax in doing the exercises. I think anyone who tries to stick to an exercise routine will find the book helpful.

I've been doing these exercises for a couple of weeks and really have noticed a decrease in arthritis pain. Book is in large, easy-to-read print.

Very helpful to me as I recover from a broken arm where the injury was exacerbated by osteoarthritis. Practical and down-to-earth exercises that are easy to do and that build range of motion, strength, and coordination.

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