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# Treat Your Own Hand and Thumb Osteoarthritis

By Jim Johnson

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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.

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## Treat Your Own Hand and Thumb Osteoarthritis By Jim Johnson Bibliography

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## Editorial Review

Review

**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*.**

From the Author

- **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)**

#### About the Author

**Jim Johnson, P.T.** is a physical therapist who has spent over twenty-four years treating both inpatients and outpatients with a wide range of pain and mobility problems. He has written many books based completely on published research and controlled trials including *The Sixty-Second Motivator*, *Treat Your Own Rotator Cuff*, *The 5-Minute Plantar Fasciitis Solution*, *Treat Your Own Knee Arthritis*, *Exercise Beats Depression*, *Treat Your Own Tennis Elbow*, *Treat Your Own Achilles Tendinitis*, and *Treat Your Own Spinal Stenosis*. His books have been translated into other languages and thousands of copies have been sold worldwide.

Besides working full-time as a clinician in a major teaching hospital and writing books, Jim Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States.

#### Users Review

##### From reader reviews:

##### Eloisa Hurd:

Playing with family in a very park, coming to see the coastal world or hanging out with friends is thing that usually you may have done when you have spare time, after that why you don't try issue that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Treat Your Own Hand and Thumb Osteoarthritis, you could enjoy both. It is good combination right, you still would like to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't buy it, oh come on its named reading friends.

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**Steven Delorme:**

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