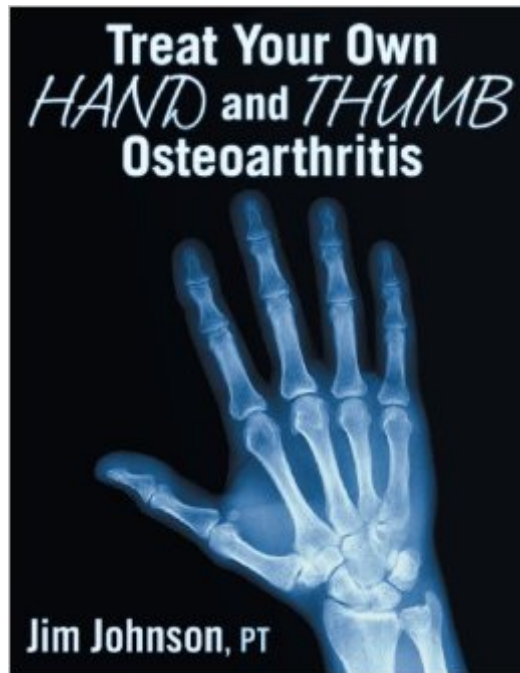


The book was found

# 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

Paperback: 96 pages

Publisher: Dog Ear Publishing, LLC; 9.4.2012 edition (October 4, 2012)

Language: English

ISBN-10: 1457513838

ISBN-13: 978-1457513831

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (66 customer reviews)

Best Sellers Rank: #46,263 in Books (See Top 100 in Books) #29 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#)

## Customer Reviews

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!

The fleshy part of my right thumb was so swollen that it was out to almost the entire length of the life line of my hand. I had a difficult time pinching â “ I couldn't pull a hair out of my eyebrow. Also, some of the bones where my hand meets the wrist were always sore and I was constantly massaging them. I bought this book, a thumb brace, and a set of Chinese balls. I started using them based on the instructions in the book about 5 weeks ago. One thing I did differently from the book was that I iced the thumb area for about 10 minutes after I had exercised the thumb. As of today, the swelling has gone down by about a third and I have no difficulty pinching. The sore bones are no longer sore. I saw a hand specialist today and he told me that I have carpal metacarpal arthritis of the thumb. He was glad to see that I had been treating myself and told me to continue. He said that there was a thumb brace that I might find more comfortable than the one that I bought. He recommended a MetaGripÃ ˆÂ® CMC Thumb Brace. Without the information provided in this book, I probably would have had to go to a physical therapist which I'm sure would have been more expensive than the cost of the book.

Remember learning about opposable thumbs and that is what makes us human? Not to be able to use it is a disaster. My thumb was so bad that I could not cook, garden, or sew. I researched the problem extensively, concluding it was either arthritis or tendonitis. I went to the hand doctor, who gave me a splint and recommended cortisone. I read all sorts of things on the internet. This simple book is the best. I love the large type. I love the way the author has simplified, yet included, all the facts that were in the other researches I had done. This is a book that really gives you hope that you will be able to use your hands again. I am better.

Having just had a full CMC thumb joint replacement surgery, I can highly recommend this book to help you prevent having to have this painful surgical procedure. I'm doing all the exercises faithfully so I won't have to have surgery on my right thumb base. Excellent book. I can't think of anyone who doesn't have some Osteoarthritis in the base of their thumbs, but by strengthening the ligaments and muscles you CAN keep it from wearing off all the cartilage.

I rarely write product reviews, mostly because I generally agree with what the other reviewers have said and I feel like I have nothing to add. Unfortunately, this is not the case with this book. I just received it and read it fully in less than 20 minutes. The author explains that he uses a large font and pages so that everyone can read the book, but the bottom line is that there is just very little information in this book. As a matter of fact, after I read it I did a simple Google search and came up

with the same information and much more. This book may be ok as an aid for someone that doesn't have internet access, but even so it is very basic and limited in its scope. Having spent \$23.36 I feel that I was robbed. The author should be ashamed!

This is one of the few books I'd advise people to pay the full price to buy the book, instead of scanning parts of it they want and sending it to them. (I actually morally oppose SELLING information that people critically need; I think the author should have just designed a nice web site and put the information on it.) For one thing, the entire book is packed with valuable and relevant information, so copying smaller parts that are what people most need is impossible. Also very unusual is the fact that all of the book is so valuable that I'd urge someone who wanted one piece of information to buy the whole thing. (Usually I respect the intelligence of someone who asks for something, and provide what was asked for., telling them if I think they may want something more.) This is very rare in a book about anything. The explanations, exercises, discussion of braces, all of it, are truly excellent.

Arthritis of the hands and wrists is very common with my family on my mother's side, and when I began feeling that tell-tale stiffness, I knew that it was time to begin to research how I could prevent my arthritis from progressing and even improve it. My doctor soon confirmed that I was likely looking at the onset of arthritis, and encourages me to look into some literature to learn more about ways to exercise the hands, which could be helpful for me. The information about the anatomy of the hands and the nature of my arthritis made a lot of sense to me and helped me understand why my hands were getting so stiff. The exercises, tips, and tricks are very detailed and include images to show you how to do it. I feel as though doing these exercises will keep my hands a little more flexible and give me some good ways to deal with the pain, should it persist. So far, I have noticed the stiffness isn't so bad, recently and having the tools to deal with it better has helped me to nip this issue in the bud. Establishing a routine to build the strength of my hands and soothe the pain and stiffness seems to be the best way to go, for me. I hope to get my mother using this routine too!

[Download to continue reading...](#)

Treat Your Own Hand and Thumb Osteoarthritis Interior Designer's Portable Handbook: First-Step Rules of Thumb for the Design of Interiors: First-Step Rules of Thumb for the Design of Interiors (McGraw-Hill Portable Handbook) Taber's Cyclopedic Medical Dictionary (Thumb-indexed Version) (Taber's Cyclopedic Medical Dictionary (Thumb Index Version)) Homesteading for Beginners: Self-sufficiency guide, Grow your own food, Repair your own home, Raising Livestock and

Generating your own Energy (Homesteading, ... Treat Your Dog Right: Best Ever Homemade Dog Treat Recipes End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand Start Your Own Corporation: Why the Rich Own Their Own Companies and Everyone Else Works for Them (Rich Dad Advisors) The Arthritis Handbook: Improve Your Health and Manage the Pain of Osteoarthritis (A DiaMedica Guide to Optimum Wellness) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, ... (Eat Right 4 (for) Your Type Health Library) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid (Dr. Peter D'adamo's Eat Right for Your Type Health Library) Living Well With Osteoarthritis: A Guide to Keeping Your Joints Healthy (Harvard Medical School Special Health Reports) Hand-in-Hand: Ceramics, Mosaics, Tapestries, and Wood Carvings by the California Mid-Century Designers Evelyn and Jerome Ackerman Caillou: No More Diapers (Hand in Hand) Knife Fighting, Knife Throwing for Combat (Special Forces/Ranger-Udt/Seal Hand-To-Hand Combat/Special W) The games of drawing room hockey, tether ball, hand tennis, garden hockey, volley ball, basket goal, lawn hockey, wicket polo, hand polo, golf croquet, clock golf, laws of badminton Treat Your Own Knees: Simple Exercises to Build Strength, Flexibility, Responsiveness and Endurance Treat Your Own Back Treat Your Own Iliotibial Band Syndrome Treat Your Own Spinal Stenosis Treat Your Own Neck 5th Ed (803-5)

[Dmca](#)