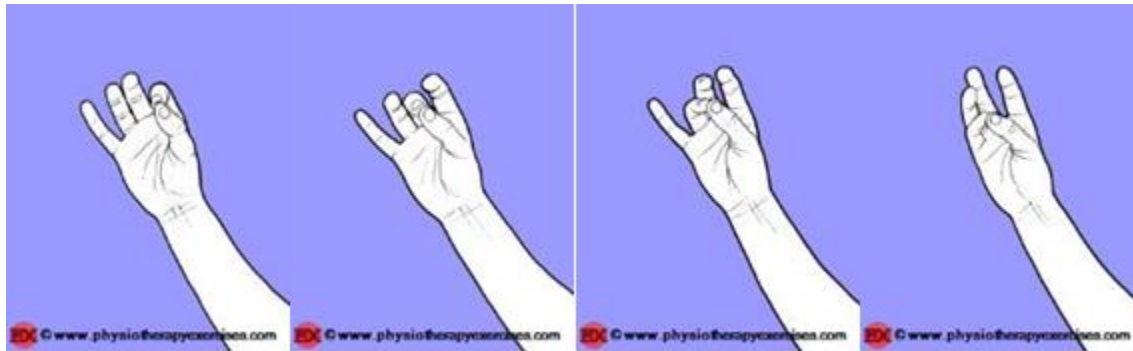


Appendix 2. Written instructions on how to perform the exercises provided to participants in the intervention group.

Week 1

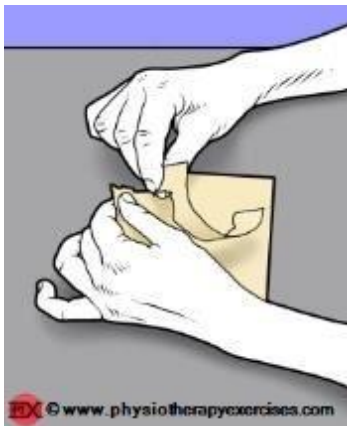
Perform the following exercises as taught by your therapist three days a week. Exercises should not aggravate the pain. You should stop short of aggravating pain.

1. Thumb Opposition



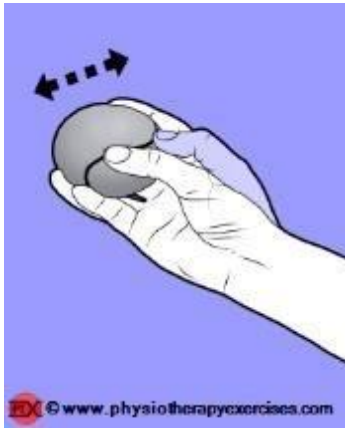
Position yourself with your hand resting in front of you. Practice touching the tip of your thumb to the tip of your index finger, then to the tip of your middle finger and then to the tip of your ring finger. If pain free, you can aim to touch the tip of your thumb to the tip of your little finger. Repeat this movement 10 times.

2. Tearing paper



Position yourself with a piece of paper in front of you. Tear the paper. Repeat 10 times.

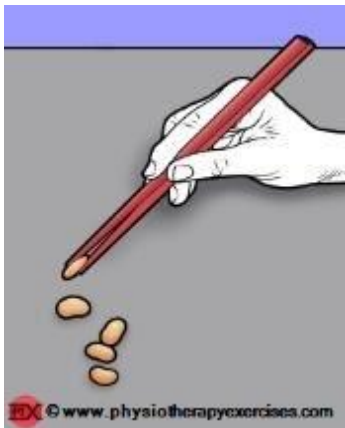
3. Tracing line on ball



Position yourself with your hand resting on the ball in front of you. Slide your thumb along the line of the ball, while moving the ball with your finger tips.

Trace the line on the ball 10 times.

4. Using chopsticks



Position yourself with the chopsticks in your hand. Use the chopsticks to pick up a bean and place into the container.

Repeat 10 times.

5. Squeezing ball

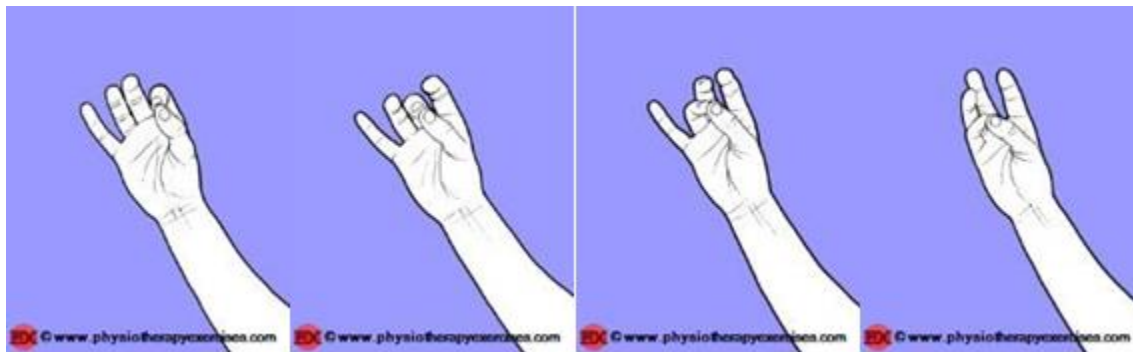


Position yourself sitting with a stress ball held in your hand. Practice squeezing the ball until it is about a third compressed. Repeat 10 times.

Week 2

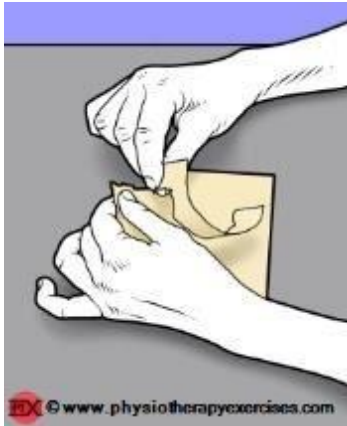
Perform the following exercises as taught by your therapist three days a week. Exercises should not aggravate the pain. You should stop short of aggravating pain.

1. Thumb Opposition



Position yourself with your hand resting in front of you. Practice touching the tip of your thumb to the tip of your index finger, then to the tip of your middle finger and then to the tip of your ring finger. If pain free, you can aim to touch the tip of your thumb to the tip of your little finger. Repeat this movement 12 times.

2. Tearing paper



Position yourself with a piece of paper in front of you. Fold the paper in half and tear the paper.

Repeat 10 times.

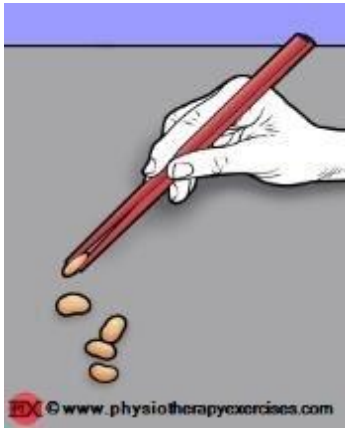
3. Tracing line on ball



Position yourself with your hand resting on the ball in front of you. Slide your thumb along the line of the ball, while moving the ball with your finger tips.

Trace the line on the ball 12 times.

4. Using chopsticks



Position yourself with the chopsticks in your hand. Use the chopsticks to pick up a bean and place into the container. Repeat 12 times.

5. Squeezing ball

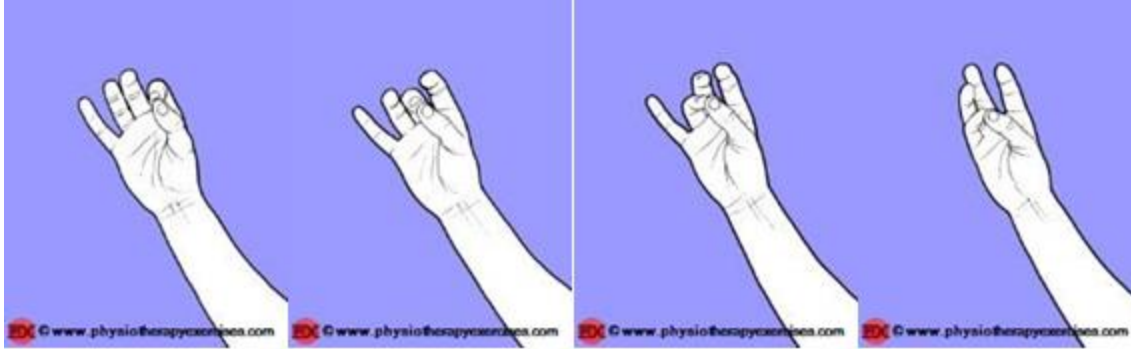


Position yourself sitting with a stress ball held in your hand. Practice squeezing the ball until it is about half compressed. Repeat 10 times.

Week 3 to 6

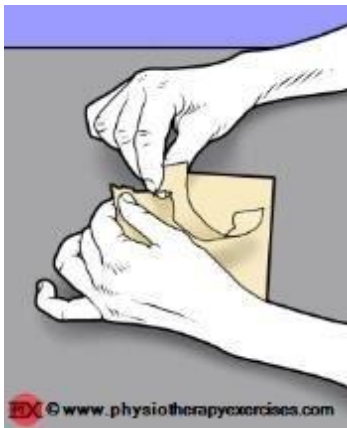
Perform the following exercises as taught by your therapist three days a week. Exercises should not aggravate the pain. You should stop short of aggravating pain.

1. Thumb Opposition



Position yourself with your hand resting in front of you. Practice touching the tip of your thumb to the tip of your index finger, then to the tip of your middle finger and then to the tip of your ring finger. If pain free, you can aim to touch the tip of your thumb to the tip of your little finger. Repeat this movement 15 times.

2. Tearing paper



Position yourself with a piece of paper in front of you. Fold the paper into quarters. Tear the paper.

Repeat 10 times.

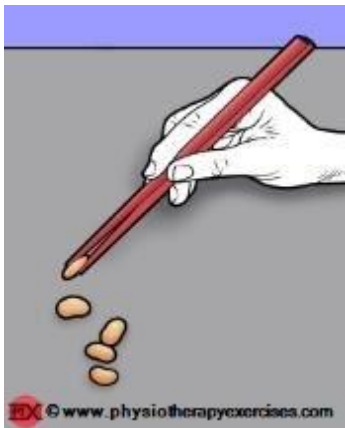
3. Tracing line on ball



Position yourself with your hand resting on the ball in front of you. Slide your thumb along the line of the ball, while moving the ball with your finger tips.

Trace the line on the ball 15 times.

4. Using chopsticks



Position yourself with the chopsticks in your hand. Use the chopsticks to pick up a bean and place into the container.

Repeat 15 times.

5. Squeezing ball



Position yourself sitting with a stress ball held in your hand. Practice squeezing the ball until it is about three-quarters compressed. Repeat 10 times.