

Thumb pain

Information for patients

Aim of this leaflet

Here are some links to information, advice, and exercises to help you understand and manage your thumb pain. These are from trusted providers who use evidence-based information and regularly update their resources.

General exercises and advice:

[Exercises for the fingers, hands, and wrists | Versus Arthritis](#)

When do I need to seek urgent help for my thumb pain?

Most people with thumb pain can manage or resolve their symptoms with the above exercises and advice and in some cases, may require physiotherapy treatment.

However, rarely, thumb pain symptoms can be caused by something more serious, and it is important for you to know when to seek help. If you experience any of the following you should seek advice from your GP or call 111:

- the pain you are experiencing is getting worse rather than better, despite following the self-management guidance above.
- symptoms have not been significantly helped by a trial of medication, as expected.
- you feel unwell and suffer symptoms such as fever, night sweats or weight loss.
- you experience pain at night, possibly worse than during the day, which prevents you from sleeping due to increasing pain and/or difficulty lying flat.
- you develop a hot and swollen joint for no apparent reason.
- new onset severe headache.
- difficulty with speech, swallowing, double vision, feeling dizzy or experiencing a drop attack/falling to the floor without cause.
- Facial drooping or inability to move the arm.