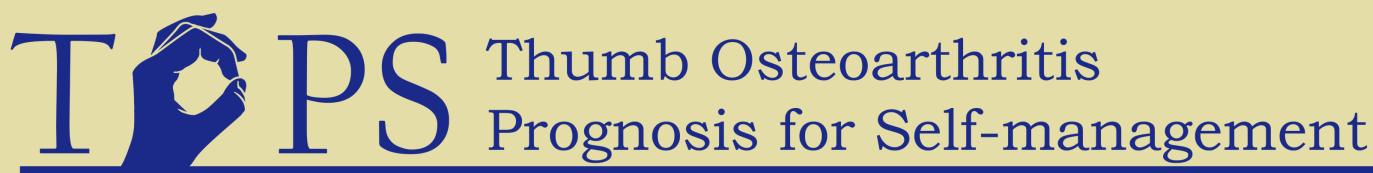


NEWSLETTER

FEBRUARY 2024



Thank you TOPS participants

The TOPS Study began recruiting on 8th August 2023. The study aims to follow your progress for 6-months to understand how we can improve NHS care, thank you for helping us to achieve this goal.

Participants

82

82 people are part of the TOPS Study at present – this is great progress, we anticipate reaching 150 by September.

Please fill in your 3-month questionnaires, this information is so important to the study. Interviews have begun with 2 participants selected & interviewed last month.

(those interviewed receive a £20 voucher for their time & effort).

Target 150 participants

55%



Did you know?

Did you know that the joint at the base of your thumb is unusual in that it allows you to move your thumb to face your fingers (we call this opposition). This ability makes human hands far more dextrous than the hands of apes or monkeys. With arthritis people often pinch & grip harder than normal. This is why exercises can help by reducing stiffness and improving control of the hand for pinching and gripping. Sticky gloves or matting can also help to reduce the force needed for gripping.



<https://www.thetops.study>