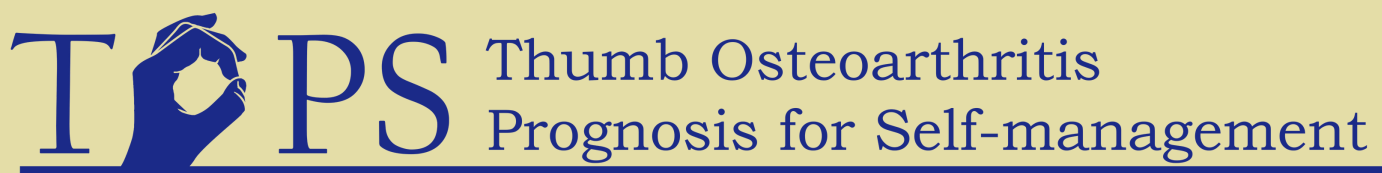


NEWSLETTER

JANUARY 2024



Happy New Year & 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

74

74 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.

The first of 20 interviews will take place this month

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

Target 150 participants

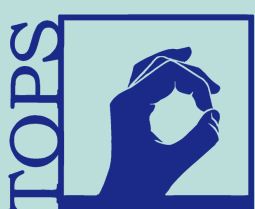
49%



Did you know?

Did you know that the joint at the base of your thumb is unusual in that it is shaped like a saddle. There are 8 muscles controlling your thumb movements. Together these differences allow you to move your thumb in more and different ways to your fingers.

With arthritis the joint can get stiff, and some of the muscles can get tight and over active. This is why exercises can help by stretching and strengthening to rebalance this clever joint.



<https://www.thetops.study>