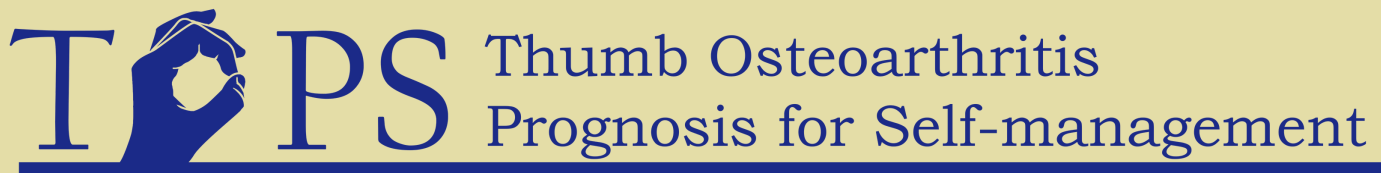


NEWSLETTER

MARCH 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

93

93 people are part of the TOPS Study at present – great progress! We anticipate reaching 150 before September. Please fill in your 3 & 6 month questionnaires – information which is critical for knowing outcomes of care over time. Interviews have begun – 6 participants interviewed last month.

Target 150 participants

62%

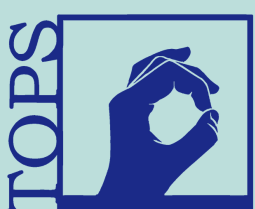


Did you know?

Thumb base osteoarthritis is very common. Sometimes it occurs in isolation, sometimes the finger joints are affected also.

The thumb is responsible for 40% of hand use, and pain at the basal joint can have a large impact on grip strength as well as pinch strength.

It is important to exercise to regain the flexibility of the thumb and a good stable thumb posture. Then you can build up your grip and pinch strength.



<https://www.thetops.study>