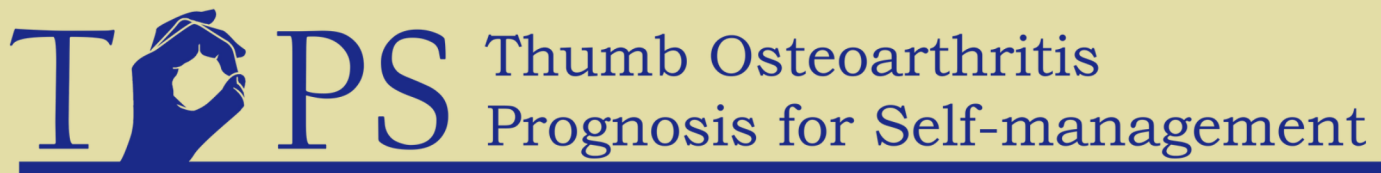


NEWSLETTER

NOVEMBER 2023



Recruitment

The TOPS Study began recruiting on 8th August 2023. The study aims to recruit 150 people and follow their progress for 6-months.

Participants

30

30 people have consented to take part in the TOPS Study, this is great progress. The interview study will begin in December, once the first of the 3-month outcome questionnaires have been returned. Thank you for filling out the questionnaires.

Target 150 participants

20%



Did you know?

Did you know that when you pinch the force used by the tip of the thumb is multiplied (by 12) at the base of the thumb.

This is why it is good to use healthy postures when you must pinch, and avoid pinching forcefully if it is not necessary.

Instead spread the load through all the joints of your hands and arms as much as possible.

