

Easier on Your Thumbs in the Kitchen

Robbie Peck, doctor of physical therapy

1 Cutting food

Add external stability. Reduce thumb pressure.



More demanding



Try this instead

A rolled paper towel between your thumb and index finger (not wrapped around the handle)

2 Squeezing a bottle

Share the force. Protect the thumb.



More demanding



Try this instead

3 Lifting a pot or pan

Let your palms do the lifting.



More demanding



Try this instead

4 Holding a mug

Support the weight. Reduce the pinch.



More demanding



Try this instead

5 Opening a jar

Use your palms, not just your fingertips.



More demanding



Try this instead

6 Whisking

Shift the pressure away from your thumb.



More demanding



Try this instead



My 5-Day Thumb Revival starts

Tuesday, November 10

Scan to save your spot.