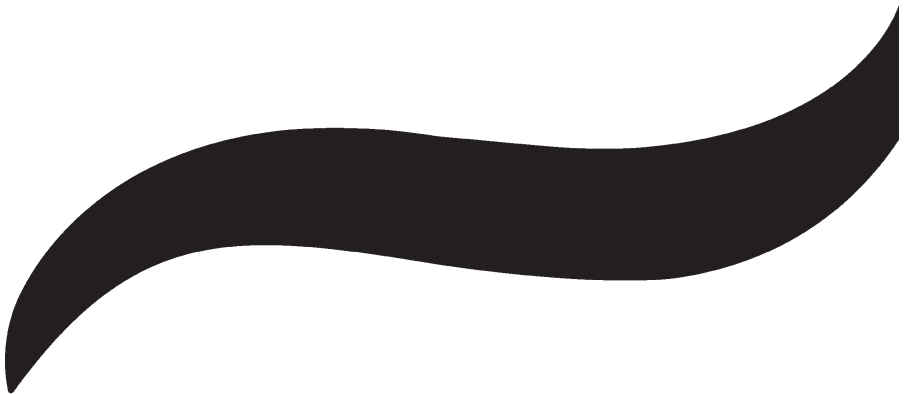




Exercises for the thumb

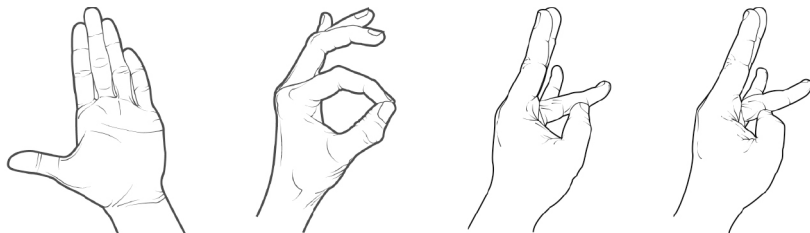
Information for Patients
Hand Therapy



EXERCISES

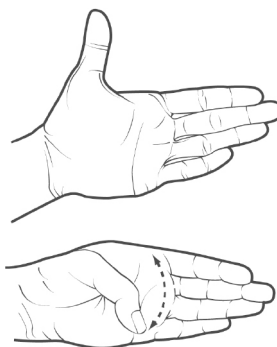
Thumb opposition

1. **Action:** Touch the tip of your thumb to the tip of each finger, then move down the creases of each finger. Stretch you thumb back each time.



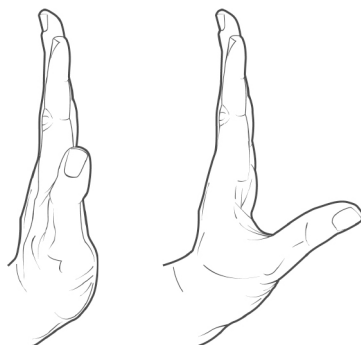
Flexion Extension

2. **Action:** Slide thumb across palm towards little finger. Bend at end joint of thumb. Relax and raise and straighten thumb to ceiling. Stretch thumb web.



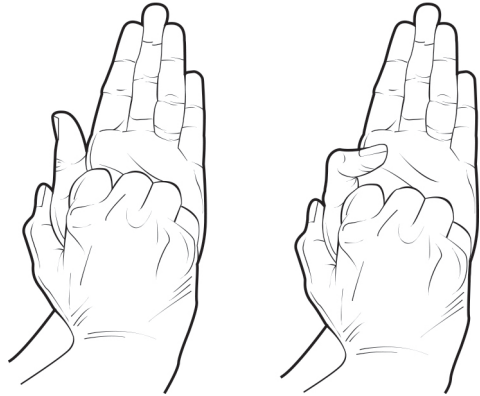
Abductions

3. **Action:** Move thumb away from palm and stretch thumb web. Return to palm.



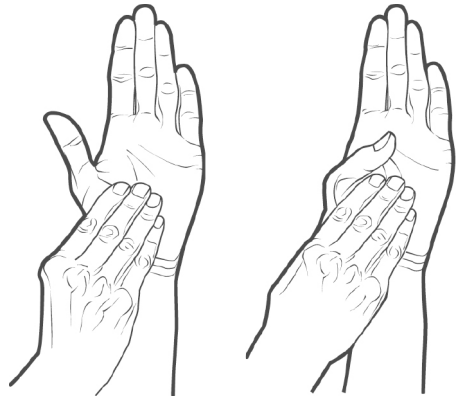
Thumb IP flexion

4. **Action:** Stabilise thumb below end joint. Bend and straighten tip of thumb at end of joint only.



MCP flexion

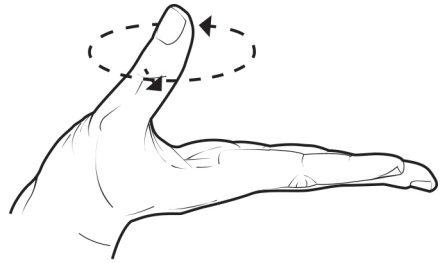
5. **Action:** Stabilise thumb second joint. Bend and straighten thumb at second joint.



6. **Action:** Roll the tip of your thumb against the side of the index finger, moving from one long nail edge to the other. The movement must come from the base of your thumb:



7. Action: Rotate your thumb

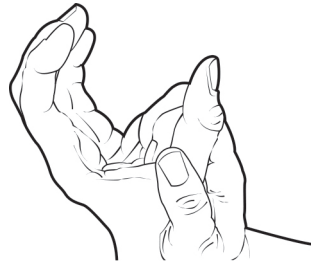


Passive exercises

8. Action: Stretch the thumb into the palm using your other hand



9. Action: Stretch the thumb away from the palm.



10. Action: Stretch the thumb to the side using your other hand.

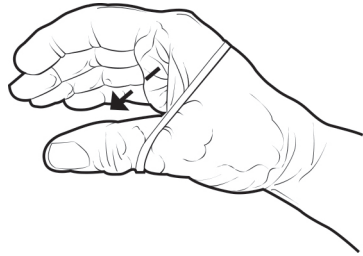


Thumb strengthening exercises

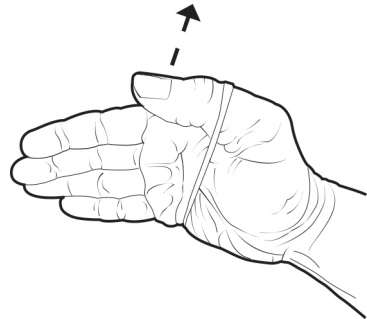
11. Action: Place your thumb in a relaxed position. Whilst the other hand is resisting the movement, move the thumb up. Repeat this in a downward and sideways resisted movement



12. Action: Place a rubber band around your hand, crossing around the middle of your thumb and move the thumb away from your palm



13. Action: With the little finger side of the hand resting on the table, move the thumb up towards the ceiling, keeping the tip of the thumb bent



**If you have any questions then
please call your hand therapist on:
University Hospital Monklands: 01698 752088
University Hospital Hairmyres: 01355 585429**

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