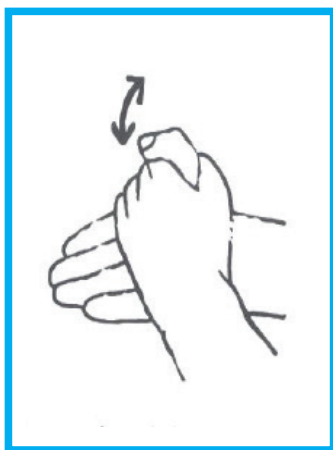


Thumb Exercises

TH

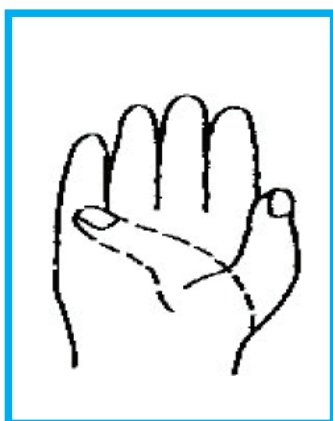
Do these exercises **_2_** times each day



1. Isolated IPJ and MCPJ Flexion/Extension

- Hold your thumb below the joint to be exercised
- Bend and straighten the tip of the thumb
- Move your hand down to hold below the knuckle joint and then bend and straighten this joint

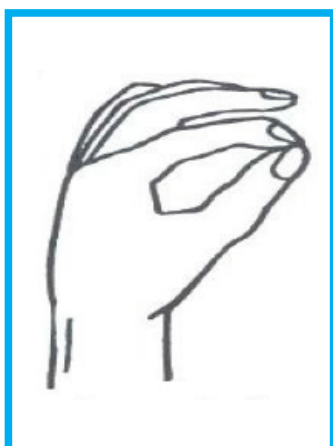
Repeat **_5_** times



2. Thumb Flexion

- Put the back of your hand on a table
- Bring your thumb to the base of your little finger
- Bring your thumb back

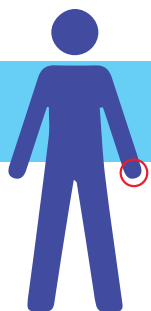
Repeat **_5_** times



3. Opposition

- Touch each fingertip with your thumb
- Once you can touch your little finger, practice sliding your thumb down towards your palm

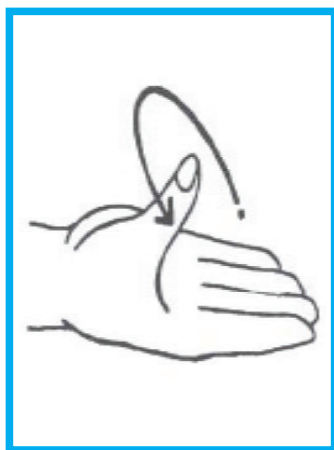
Repeat **_5_** times



Thumb Exercises

TH

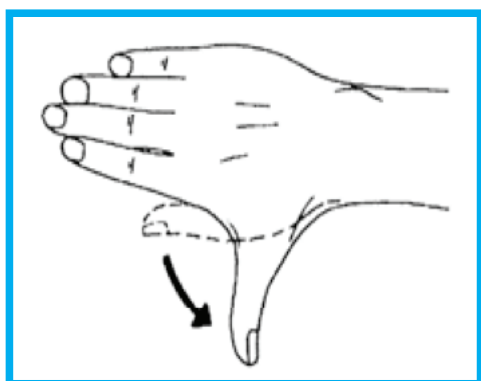
Do these exercises **_2_** times each day



4. Isolated CMCJ Circumduction

- Hold all fingers straight
- Make a big circle with your thumb

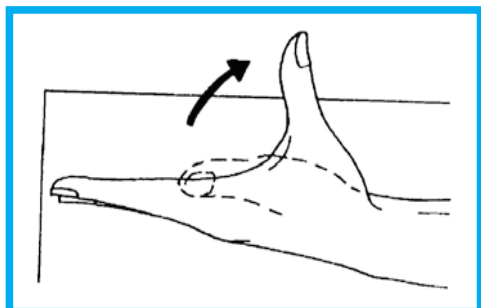
Repeat **_5_** times



5. Thumb Extension Span

- Place the palm of your hand on a table
- Bring your thumb away from the index finger and then back again.

Repeat **_5_** times



6. Thumb Abduction Span

- Place the side of your hand on a table
- Bring your thumb away from the palm and then back to the index finger (the action of holding a glass)

Repeat **_5_** times