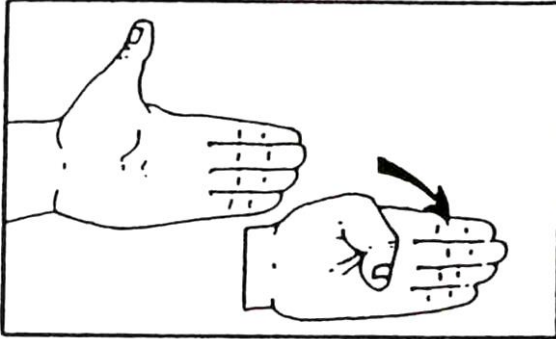


## Thumb Exercises

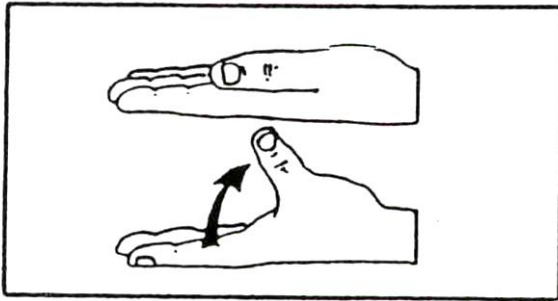
All exercises should be done slowly and smoothly. Maintain the desired position for 3-5 second before relaxing

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ x day



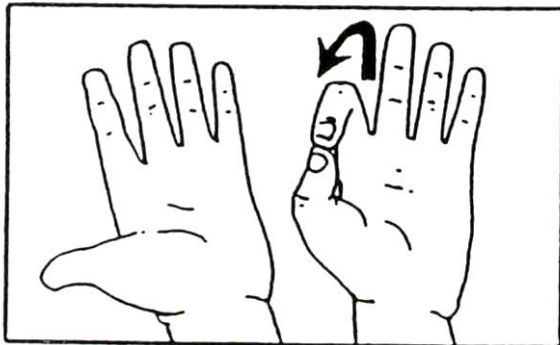
### Thumb Flexion

- Place the small finger side of your hand on the table so that the thumb points up.
- Flex (bend) the thumb across the palm toward your small finger, Be sure to bend both joints.
- Return to the starting position, making sure both joints are straight.



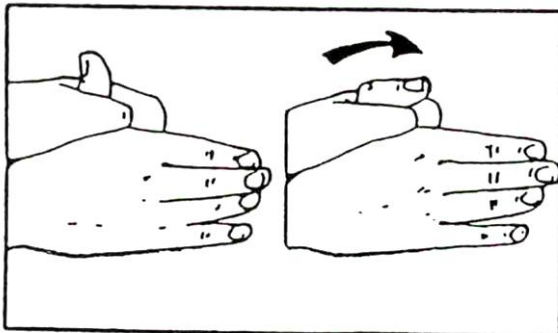
### Palmar Abduction

- Place the dorsum (back) of the hand flat on the table with the thumb resting in the palm.
- Raise the thumb (abduction) towards the ceiling.



### Tip Pinch

- Touch the tip of your thumb to the tip of each finger



### IP Joint Blocking

- With your opposite hand, grasp and stabilize the affected thumb at the base, just below the end (IP) joint.
- Flex (bend) and extend (straighten) the thumb at the IP (end) joint only.

