

THUMB ACTIVE RANGE-OF-MOTION EXERCISES

All exercises should be performed slowly, just below the point of pain.

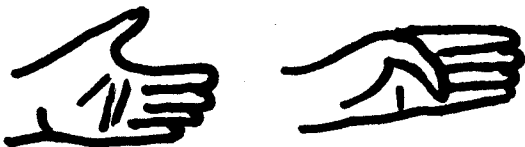
Hold end position for 3 seconds before relaxing.

Perform checked exercises 10 repetitions, 3 times per day.

Make a fist, placing thumb over fingers.
Then extend fingers fully.



Move thumb to base of small finger.



Using other hand, hold large joint straight, just below end joint of thumb. Bend tip of thumb.



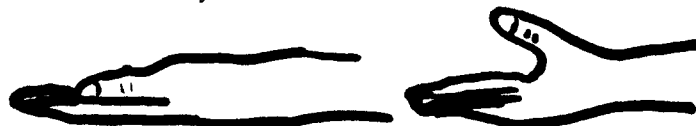
Place hand on table, palm up. Move thumb out and away from hand.



Touch tips of each finger with thumb, then slide down the finger to the base of the finger.



Place hand on table, palm up. Move thumb up and toward you.



Move thumb in circular motion, first in one direction, then the other.



Place palms together in prayer position, with elbows resting on the table. Slowly slide elbows out keeping palms tightly together.

