

General Thumb Exercises

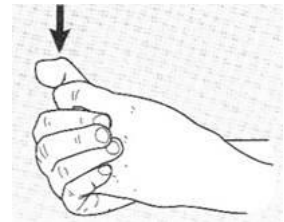
Information for patients

Aim of this leaflet

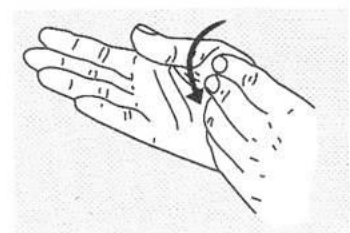
This leaflet demonstrates active exercises to mobilise the thumb.

Complete the following exercises x 10 repeats, x 3 times daily

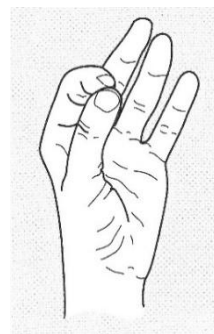
Hold your thumb firmly below the end joint.
Bend and straighten the tip of your thumb.



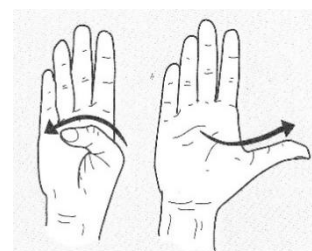
Hold your thumb firmly at its base.
Bend and straighten the large knuckle.



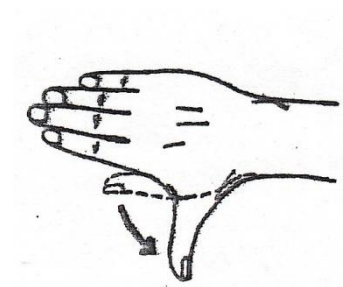
- ☒ Touch your thumb to the tip of each finger in turn.



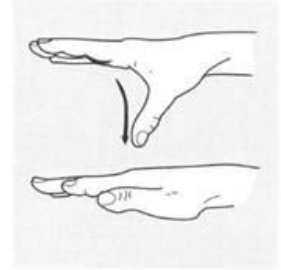
Bend your thumb and try touch the base of your little finger. Then straighten it out into a 'hitchhiking' position.



Place the palm of your hand on a table. Move your thumb away from your index finger and then bring it back again.



Place your hand on the edge of a table.
Move your thumb away from the palm
and point it to the floor and then bring it back again.



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