

Personal exercise program

Thumb mobility and strengthening exercises

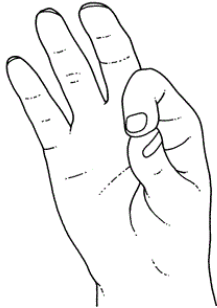
Poole Hospital NHS Foundation Trust
Poole Hospital NHS Foundation Trust
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Provided by Corinna Cheng
Provided for
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Hold all fingers straight.
Make a circle with your thumb.
Allow the movement to get bigger as you repeat the circles.
Repeat _____ times.

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Make an "O" shape with your thumb and index fingertip.
Run your thumb down the finger to the palm.
Try doing the same with each fingertip in turn.
Repeat _____ times.

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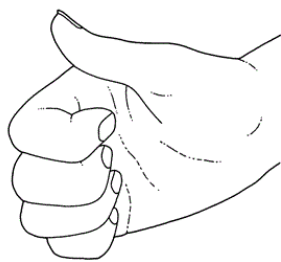
Make a loose fist.
Slide the thumb across the fingers, aiming for the little finger.
Repeat _____ times.

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Place the palm of your hand on a table.
Bring your thumb away from the index finger and then back again.
Aim to move from the base of your thumb rather than the tip, as taught by your therapist, it may help to place a pencil along the outer border of your thumb to help guide the movement.
Repeat _____ times.

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Put your forearm on a table with your fingers curled into a loose fist.

Rest your thumb on the side of the index finger with the tip of the thumb gently bent.

Keeping the tip of the thumb bent, lift the thumb off the index finger, moving from the base of the thumb.

Repeat _____ times.

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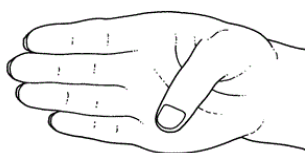


Place your little finger on a table.

Bring your thumb away from the palm and then back to the index finger.

Repeat _____ times.

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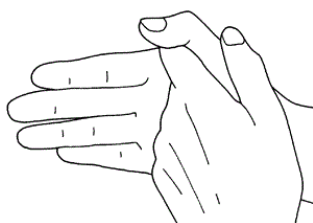


Bend your thumb, aiming for the base of your little finger. Bring your thumb back.

You may need to provide some support underneath the middle knuckle of the thumb to help direct the movement, your therapist will demonstrate.

Repeat _____ times.

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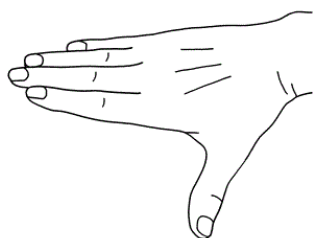


Hold your thumb below the joint to be exercised.

Bend and straighten the upper joint.

Repeat _____ times.

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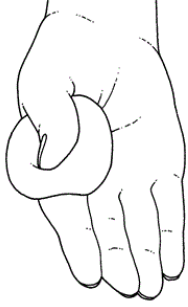


Place the palm of your hand on a table.

Lift the whole thumb off the table, keeping the palm flat.

Repeat _____ times.

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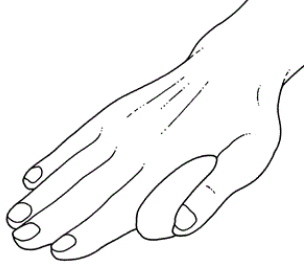


Place your hand on a table with palm up and thumb pointing upwards to the ceiling. Put putty/sponge in the web between the base of your thumb and index finger.

Push your thumb down towards the index finger.

Repeat _____ times.

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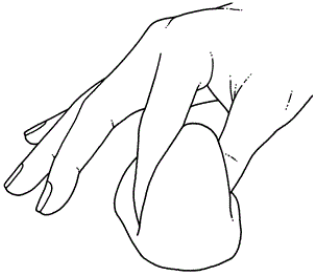


Place your hand flat down on a table with palm down and putty/sponge between thumb and index finger.

Push your thumb along the table towards your index finger.

Repeat _____ times.

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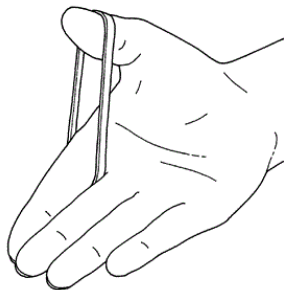


Support your forearm on a table, with putty/sponge between your thumb and index finger.

Push the thumb and index finger together and then stretch them apart. Repeat exercise with thumb and the other fingers.

Repeat _____ times.

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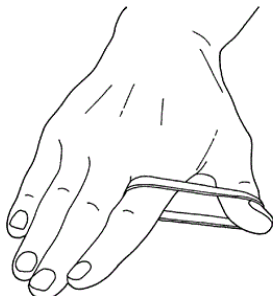


Place your hand on a table with the palm facing up and an elastic band around your thumb and index finger.

Lift your thumb straight up.

Repeat _____ times.

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Place your hand on a table with palm down and fingers straight. Put an elastic band around your thumb and index finger.

Pull the thumb away from the index finger.

Repeat _____ times.

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