

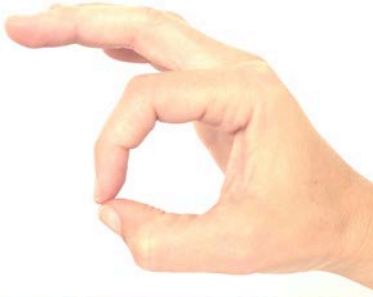
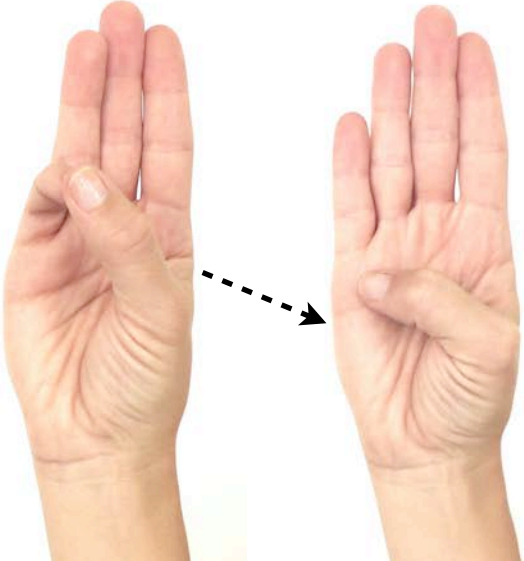


Thumb Exercises [Active]

Hold ____ seconds, ____ repetitions, ____ time(s) daily

	
<p>1. Actively bend thumb at all knuckles into center of palm.</p>	<p>2. Bend thumb only at large knuckle.</p>
	
<p>3. Touch tip of thumb to tip of each finger.</p>	
	<p>4a. Touch tip of thumb to tip of pinky finger. 4b. Slide thumb down pinky into palm.</p>

Active Thumb continued [isolated flexion & extension]

Hold ____ seconds, ____ repetitions, ____ time(s) daily



5. Use other hand to stabilize large knuckle. Bend large knuckle.



6. Stabilize the middle knuckle. Bend the end knuckle.



7. Extend thumb away from index finger.



8. Extend thumb away from palm.



9. Lift thumb up from the table.