







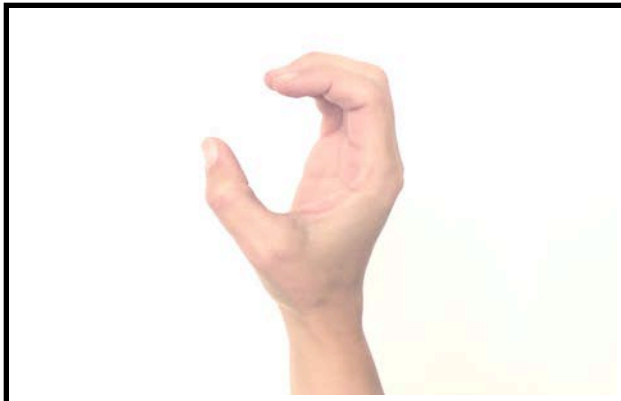
# Thumb Exercises [Passive]

Hold \_\_\_\_ seconds, \_\_\_\_ repetitions, \_\_\_\_ time(s) daily

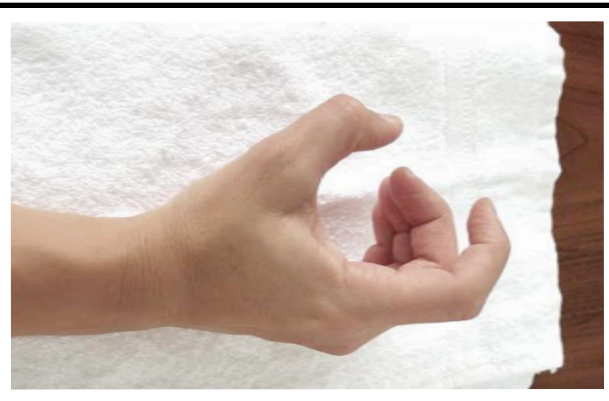
		
<p>1. Use other hand to bend thumb at large knuckle.</p>	<p>2. Bend thumb at end knuckle.</p>	<p>3. Bend thumb at both knuckles into palm.</p>
		
<p>4. With hand on table, use other hand stabilize large knuckle and stretch thumb away from index finger.</p>	<p>5. Stabilize large knuckle and stretch thumb away from palm.</p>	<p>6. Place a round object (cup or tennis ball) into web space to stretch.</p>

## Part 2: Thumb Stabilization Exercises

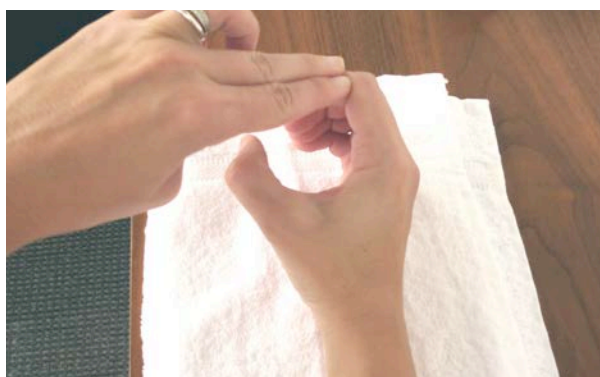
Hold \_\_\_\_ seconds, \_\_\_\_ repetitions, \_\_\_\_ time(s) daily



1. Form fingers and thumb into a C-shape. Hold firmly for 3-5 seconds.



2. Holding a firm C-claw, move the index finger away from other fingers and hold for 3-5 seconds.



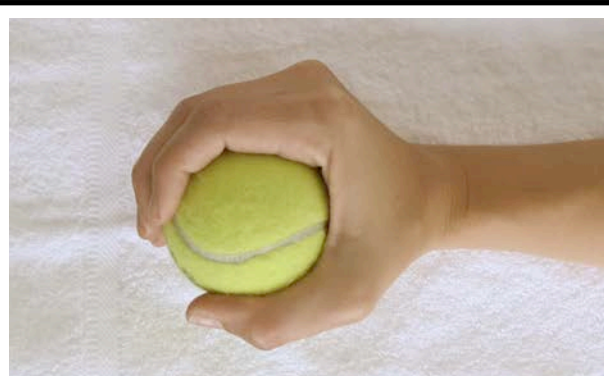
3. Move index finger away from other fingers while adding gently resistance with other hand for 3-5 secs.



4. Join hands together, web space to web space, and hold there for 30 seconds, warming up the space.



5. Then straighten fingers and thumbs while pushing into web space. Hold for 30 seconds. Repeat several times.



6. Place a round object (tennis ball or cup) into web space to stretch.