
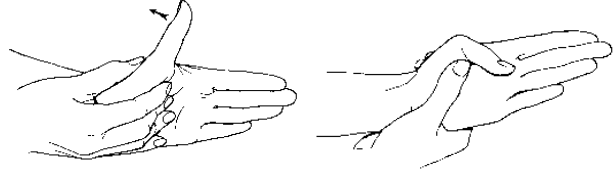
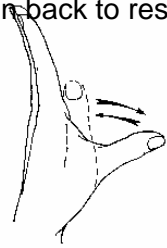
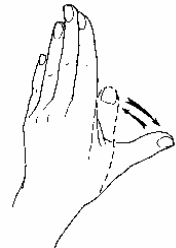
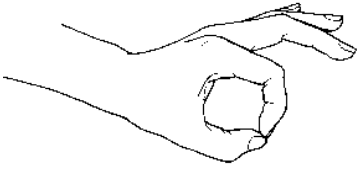

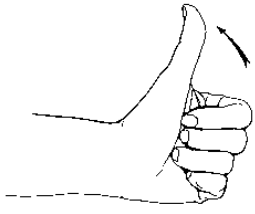


Thumb Exercises - Active

Do _____ sessions per day.

Repeat each exercise _____ times.

Hold each position for _____ seconds.

<p>Extension and Flexion (end joint): Brace the thumb, leaving the tip free. Straighten and bend the end ("IP") joint.</p> 	<p>Extension and Flexion (middle joint): Hold base of thumb with other hand. Straighten and bend the thumb across your palm, while keeping the tip straight.</p> 	
<p>Extension and Flexion: Rest the little finger side of your hand on the table. Move thumb out away from palm, and then back to rest against the palm.</p> 	<p>Abduction and Adduction: Rest the palm of your hand down on the table. Move thumb out to the side, and then back to touch the finger.</p> 	
<p>Opposition: Touch nail tip of thumb to nail tip of each finger in turn.</p> 	<p>Flexion: Try to touch the base of the little finger with the tip of your thumb.</p> 	<p>Extension: Bring thumb up and out into a 'thumbs up' position</p> 

Please contact your therapist if you have any queries or concerns.

Therapist: _____

Phone: (07) 3646 7100