

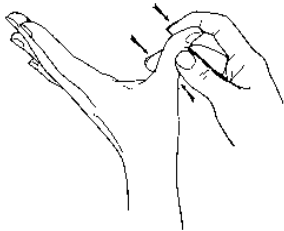
Thumb Exercises - Passive

Do _____ sessions per day.

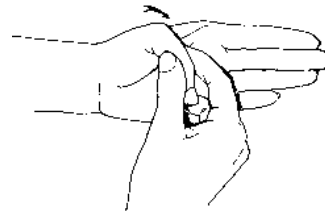
Repeat each exercise _____ times.

Hold each position for _____ seconds.

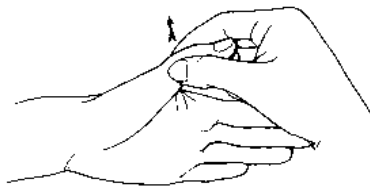
1. Extension: Use other hand to straighten the top joint of the thumb.



4. Flexion: Bend the base of the thumb with your other hand.



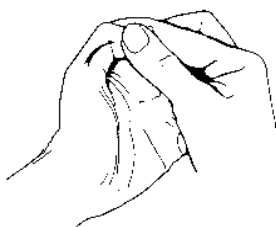
2. Extension: Use the other hand to straighten the base of the thumb.



5. Flexion: Use the other hand to bend both joints of the thumb at the same time.



3. Flexion: Bend the tip of your thumb, using your other hand.



6. Thumb Web Space Stretch: Stretch thumb away from fingers, using the other hand.



Please contact your therapist if you have any queries

Therapist: _____

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