

Patient Information



Hand Therapy- Upper Limb Unit

Thumb stability exercises

- Aim to exercise little and often or as directed by your therapist.
- Start with level 1, when this can be performed easily and with no discomfort move on to following levels.
- All exercises in level 1 and 2 are generally best performed resting on the little finger side of the hand with wrist slightly back.

Level One

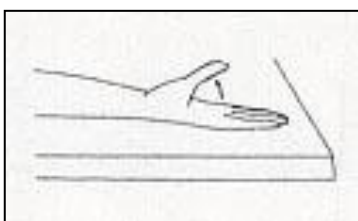


Number One

Using the other hand stretch the affected thumb up- from the base (below the top 2 joints). Hold for 10 seconds and repeat 3 times. Take care to avoid pushing the thumb backwards.

Number Two

Without assistance from the other hand lift the thumb upwards as far as possible as if hitch-hiking but with the top 2 joints slightly bent. Hold for up to 10 seconds and repeat 10 times.



Number Three (Not suitable for an unstable joint)

Keeping the top joints of the thumb bent lift the thumb into a C shape. Hold for up to 10 seconds and repeat up to 10 times.

Exercise four

With the hand flat on the table, thumb in line with the index finger, raise the thumb, keeping it in line with the index finger. Hold for up to 10 seconds



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and repeat up to 10 times.

Level Two



Number One

Stretch the band slowly by lifting the thumb upwards as far as possible. Try not to allow the wrist to bend forwards. Do not allow any joints to over extend. Hold for 5 seconds then slowly lower. Repeat.

Number Two

Keeping the top joint bent stretch the band into a C shape. Once at the limit of the movement, try to bring the tips of the thumb and index finger together keeping some tension in the band. Repeat up to 10 times.

Level Three

Number One

Activities which involve pinching: writing, holding plates, opening clothes pegs, tearing sheets of paper or fastening buttons. During the activity keep the top joints of the thumb bent and the wrist back slightly.

Number Two

Activities which involve turning or twisting: putting nuts on bolts, using a key in a lock, undoing a jar / bottle tops. During the activity avoid fully straightening the top joint of the thumb and the thumb crossing in front of the palm.

Further Information

If you need further information please contact your Therapy Department:

University Hospital, Coventry and Warwickshire: Tel 024 7696 6016

Rugby, St Cross Hospital: Tel 01788 663257 For further information please visit our hand service web site <http://tinyurl.com/uhcwhand>

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