



Upper Limb Unit: Hand Therapy

Thumb Exercises

Active range of movements

Follow these exercises as directed by your therapist.

Hold each one for ___ seconds and repeat ___ times.



Exercise 1

Move your thumb to your
Little finger



Exercise 2

Move your thumb out to the
side



Exercise 3

Rest your little finger on the
table, move your thumb
outwards in line with your
index finger and back in



Patient Information

Exercise 4

Make a perfect O shape with your thumb

Exercise 5

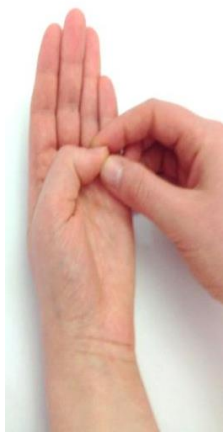
Touch your thumb to the base of each finger

Exercise 6

Move your thumb in a circle clockwise then counter clockwise

Passive thumb range of movement

Hold each one for ___ seconds and repeat ___ times.



Exercise 1

- Hold your thumb with your opposite hand
- Move your thumb to your little finger

Exercise 2

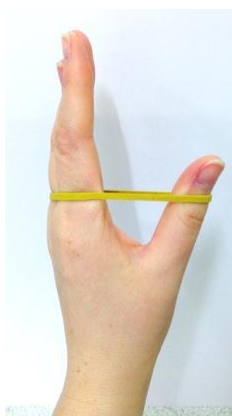
- Move your thumb outwards towards the side

Exercise 3

- Make a C shape creating a bend in your thumb

Thumb Strengthening Exercises

Hold each one for ___ seconds and repeat ___ times.



Exercise 1

- Wrap theraband around your fingers and your

Exercise 2

- Wrap theraband around your thumb

Exercise 3

- Wrap theraband around your fingers and thumb

Patient Information

- thumb
- Move your thumb outwards and hold
- Return to start position
- Hold the other end of the band with your opposite hand and stretch to create tension
- Move your thumb upwards and hold

Contact details

Please speak to your therapist regarding any information in this leaflet or contact us:

Telephone: 024 7696 6013 for Physiotherapy at **University Hospital Coventry**

Telephone: 01788 663257 for Physiotherapy at **St Cross Hospital Rugby**

For further information please visit our hand service web site

<http://tinyurl.com/uhcwhand>

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6013 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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