

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
counterclockwise

Passive thumb range of movement

Hold each one for ___ seconds and repeat ___ times.



Exercise 1
Hold your thumb with
your opposite hand and
move your thumb to
your little finger.



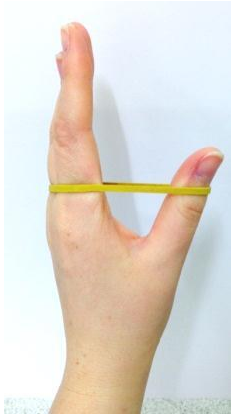
Exercise 2
Move your thumb
outwards towards the
side.



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 a band around your fingers and your thumb.
Move your thumb outwards and hold.
Return to start position.



Exercise 2

Wrap a band around your thumb.
Hold the other end of the band with your opposite hand and stretch to create tension.



Exercise 3

Wrap a band around your fingers and thumb.
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**

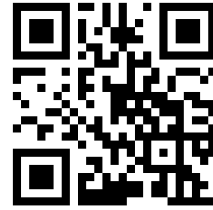
The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6013 and we will do our best to meet your needs.

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Document History

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