

Thumb exercises

Do exercises while sitting at the table. Do the exercises calmly _____ times a day
_____ reps per exercise.

Exercises are done to improve the functionality of the hand. Exercising helps maintain blood circulation in the fingers and mobility of tendons and joints. Exercises also reduce swelling and stretch possible scar adhesions.

1. Thumb MP joint exercise

Hold your thumb firmly below the base joint. Bend and extend your thumb.



2. Thumb IP joint exercise

Hold your thumb firmly below the tip joint. Bend and extend the tip joint.



3. Extension and flexion exercise of the thumb

Extend your thumb outward. Move your thumb towards the base of your little finger.



4. Pinch grip exercise

Extend fingers. Touch each fingertip with your thumb. Note that thumb and the other finger move towards each other.



5. Thumb palmar abduction

Rest your little finger on the table. Move your thumb outwards from the palm and bring it back next to the index finger.



6. Thumb radial abduction

Rest your palm on the table. Move your thumb out to the side and bring it back towards the index finger.



When necessary, contact your occupational therapist.