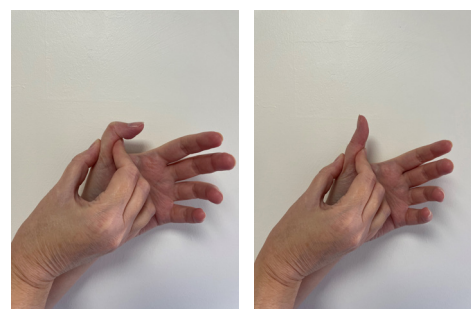


Patient information factsheet

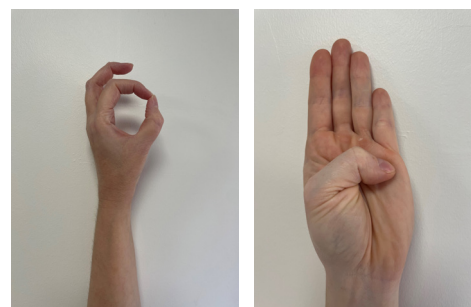
Thumb exercises

This factsheet contains some thumb exercises to help improve the range of movement in the joints of your thumb. We hope it will help to answer some of the questions you may have.

1. Hold your thumb firmly below the top joint. Bend your thumb tip and then straighten.



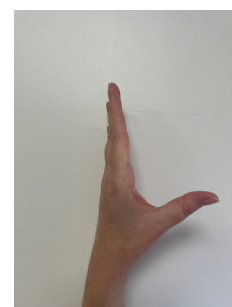
2. Touch each fingertip with your thumb in the shape of an 'O'. When touching your little fingertip, slide your thumb down your finger until you are touching your palm.



3. Place your hand flat on a table, palm facing down, and move your thumb away from your fingers and then bring it back to your fingers.

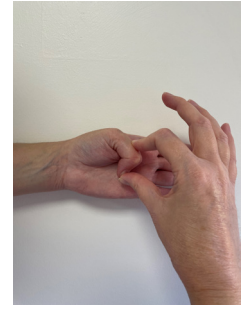


4. Place the side of your hand (little finger side) down on a table. Move your thumb away from your hand, making an 'L' shape and then bring it back towards your hand again.



Patient information factsheet

- Using your other hand to help, gently bend your thumb down towards your palm.



Repeat these exercises _____ times every hour during the day.

Contact us

If you have any further questions or concerns, please contact us.

Hand therapy team

Telephone: **023 8120 6459** (Monday to Friday, 8am to 5pm)

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