



ORTHOPEDIC
ASSOCIATES
of HARTFORD

50 Years of Excellence

THUMB

Home Exercises

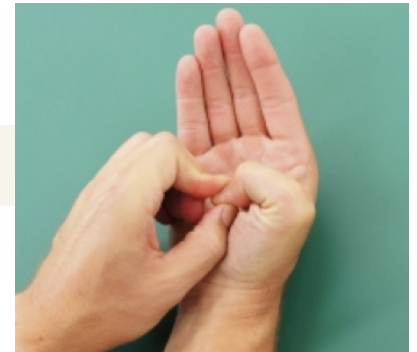
PASSIVE (Stretching)

Passive motion is when your uninjured hand helps your injured hand to achieve more range.

☐ *Passive Flexion*

Use your uninjured hand to bend the thumb down so that a gentle stretch is felt.

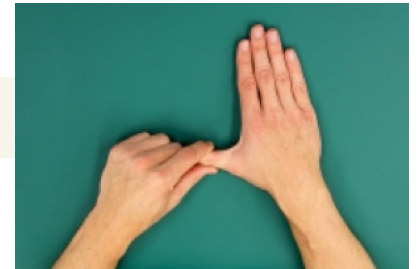
Hold 30 seconds. Repeat 4 times. Do 3 times a day.



☐ *Passive Extension*

With hand flat on table, gently stretch thumb out.

Hold 30 seconds. Repeat 4 times. Do 3 times a day.



☐ *Passive Thumb Abduction*

Stretch your thumb out from your palm as if you are opening it up to hold a large jar. Stretch at big thumb knuckle, not at tip.

Hold 30 seconds. Repeat 4 times. Do 3 times a day



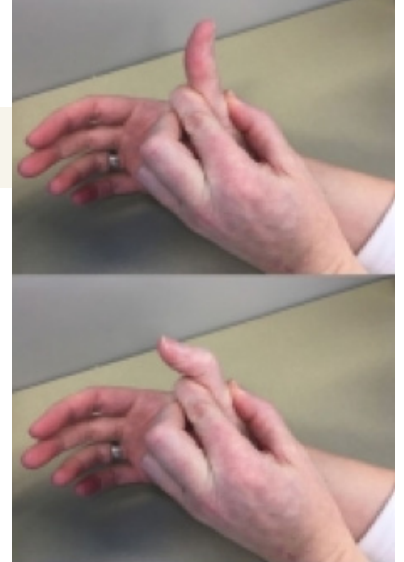
ACTIVE

Active motion is when your injured wrist moves without any help from your other hand.

☐ *Isolated IP (Tip) Flexion*

Hold your thumb just below the first crease and only bend the tip.

Hold 3 seconds. Repeat 10 times. Do 3 times a day.



☐ *Thumb Opposition/Flexion*

Touch the thumb to the tip of each finger. When you are able to do this easily, then touch further down on each finger until you are able to touch the base of each finger.

Repeat 5-10 times. Do 3 times a day.



☐ **Thumb Palmar Abduction**

Lie your hand on the table resting on the little finger. Move thumb out away from the palm as if you are reaching for a wide jar.

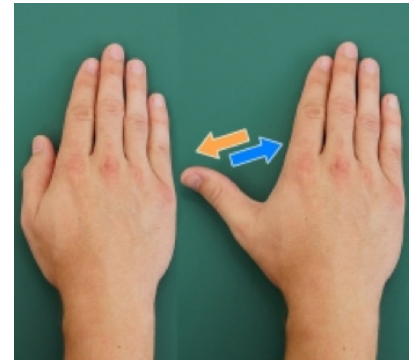
Hold 3 seconds. Repeat 10 times. Do 3 times a day.



☐ **Thumb Radial Abduction**

With hand flat on the table, slide thumb out to the side. Hold 3 seconds. Slide back in toward the index finger. Hold 3 seconds.

Repeat 10 times. Do 3 times a day.



☐ **Thumb Circumduction**

Move thumb in circles 10 times in each direction

Do 3 times a day.

