

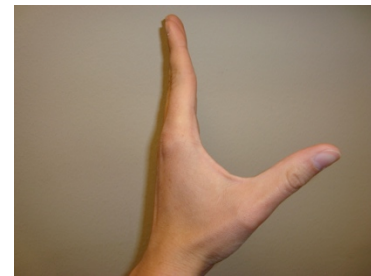
## Hand/Occupational Therapy Home Program

### Thumb Active Range of Motion

These exercises should be done slowly and smoothly using your own muscle power. Hold for a count of 3 for each exercise. You may add a rubber band to the exercises with a star (\*) if your therapist wishes you to start resistance and reduce the hold-to motion only.

#### Thumb Abduction

Move your thumb away from your palm as if you were reaching for a cup. Keep it level with the index finger. Hold and repeat.  
"UP" \*

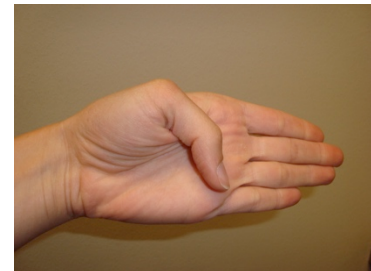


\_\_\_\_\_ reps \_\_\_\_\_ x/day

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#### Thumb Flexion/Extension

Raise the thumb to the ceiling and flex down across the palm. Hold and repeat.  
"OUT" \*

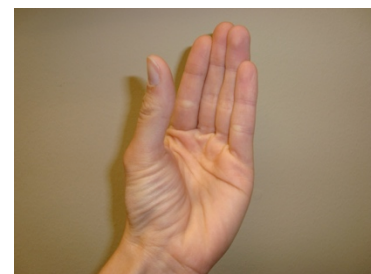


\_\_\_\_\_ reps \_\_\_\_\_ x/day

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#### Thumb Opposition

Make a pinch position as if you were holding a sandwich. Keep your fingers still and lift your thumb out and away from your hand while keeping it in line with your middle finger. Hold and repeat.  
"AWAY" \*

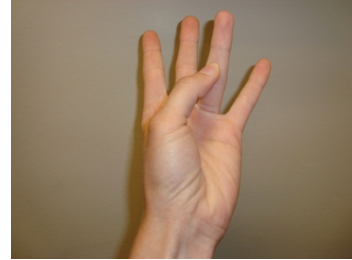


\_\_\_\_\_ reps \_\_\_\_\_ x/day

### Thumb to Fingertips

\_\_\_\_\_ reps \_\_\_\_\_ x/day

Touch your thumb to the tip of each finger. Once you can reach each fingertip, slide your thumb down each finger toward the palm as far as possible.



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### Thumb Blocking for the End (IP) Joint

\_\_\_\_\_ reps \_\_\_\_\_ x/day

With your uninjured hand, stabilize your thumb below the tip crease. Bend. Hold and repeat.

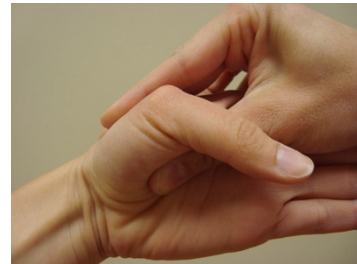


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### Thumb Blocking for the Mid (MP) Joint

\_\_\_\_\_ reps \_\_\_\_\_ x/day

With your uninjured hand, stabilize your thumb at the base. Bend. Hold and repeat.



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### Thumb Retropulsion

\_\_\_\_\_ reps \_\_\_\_\_ x/day

Put your hand flat on the table. Raise your thumb up off the table as if you were tapping your thumb. Hold and repeat.



Please contact Bonnie Glenzinski at 952-456-7000 if you have any questions.