

Exercise 3

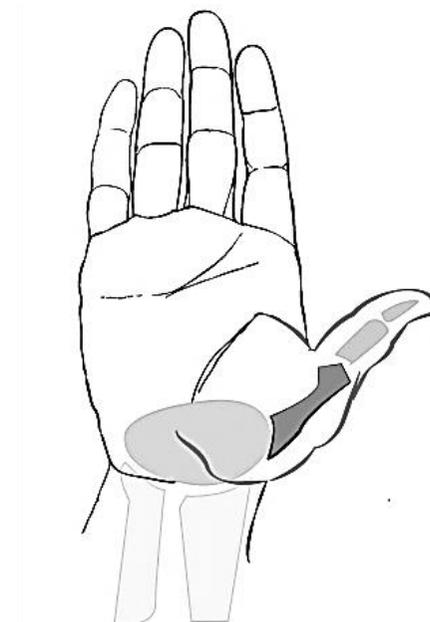
Thumb extension exercises

- Place hand over the border of the little finger and curl your fingers, resting the thumb over fingers.
- Move the thumb upwards towards the ceiling and away from your fingers keeping your thumb straight. Repeat 10 times. See pictures below.
- If no pain is caused, resistance can be applied. Do this by placing the index finger of the unaffected hand over the tip of the thumb being exercised. Apply some resistance against the tip of thumb and do the same described movement. The amount of resistance should be enough to avoid any pain over the base of thumb.



- These exercises should be carried out three times a day. Each exercise should be repeated 10 times.

Hand and Wrist Service



Thumb Exercises

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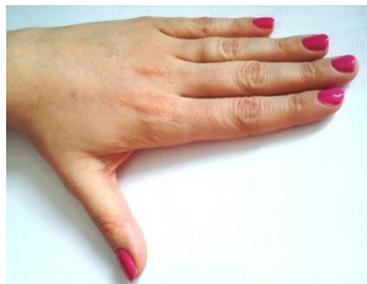
Movement of the thumb is very important in day to day function. The following exercises can help maintain and improve the movement in your thumbs. These exercises should ideally be carried out after warming up your hand by using either a hot pack (hot water bottle wrapped around your thumb, or a warm wheat bag wrapped around your thumb) or put your hands in warm water. Heat relaxes the muscles and makes all structures in your hand suppler and more pliable to movement.

It is quite common that your hands or thumb can feel uncomfortable or slightly painful when carrying out these exercises. This is because we are stretching all the joints in the thumb till the end of their range and muscles may have become weak. If pain is still present half an hour after exercising, you should reduce the number of repeats to 5, and reduce frequency to twice a day.

Exercise 1

Thumb Abduction/ Adduction

- Place hand flat on a surface with palm facing down.
- Move thumb towards/away from index finger. Repeat 10 times.
- If no pain is present, resistance can be applied. This can be achieved by placing the index finger of the unaffected hand over the tip of the exercised thumb. Apply some resistance against the tip of thumb and do the same described movement. The amount of resistance should be enough to avoid any pain over the base of thumb.



Exercise 2

Palmar Abduction

- Place hand over the border of the little finger.
- Move the thumb towards little finger to touch the tip of the little finger then lift thumb back to the original position of the exercise.
- Always make sure that the tip of thumb, the middle knuckle of the thumb and the base of the thumb are. This will protect your joints and your soft tissues (i.e. ligaments at the base of the thumb). Repeat 10 times.
- If no pain is present, resistance can be applied. Do this by placing the index finger of the unaffected hand over the tip of the exercised thumb. Apply some resistance against the tip of thumb and do the same described movement. The amount of resistance should be enough to avoid any pain over the base of thumb.

