

# THUMB EXERCISES

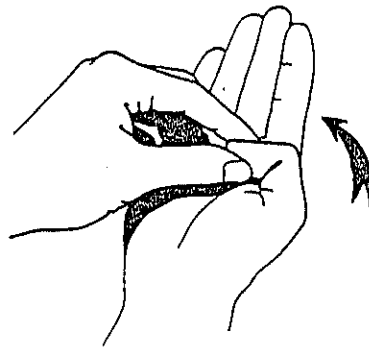


**ST. JOHN  
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## Passive Range of Motion Thumb DIP Joint

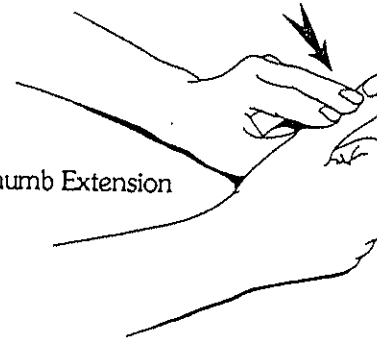
Using other hand, passively bend thumb at knuckle as shown until a stretch is felt. Hold \_\_\_\_\_ seconds. Relax. Then straighten thumb out as far as you can.



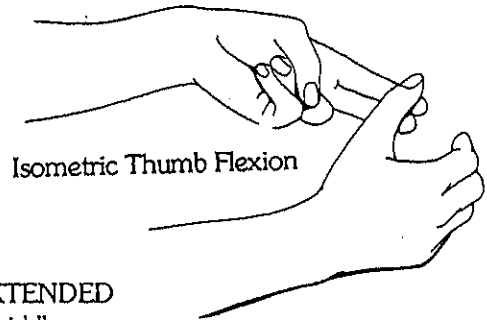
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

## Isometric Thumb Extension



## Isometric Thumb Flexion



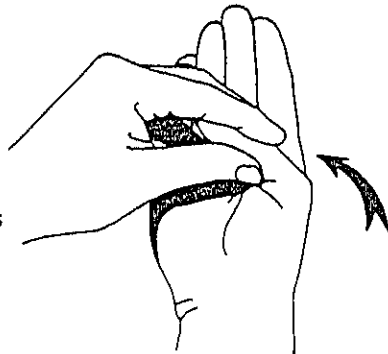
Hand closed with thumb at : REST MID EXTENDED position apply gentle resistance with index and middle fingers. Do not allow thumb to move.

Repeat \_\_\_\_\_ Repetitions/set. Do \_\_\_\_\_ Sets/session.

Do \_\_\_\_\_ Sessions/day.

## Passive Range of Motion Thumb PIP Joint

Using other hand, passively bend thumb at knuckle as shown until a stretch is felt. Hold \_\_\_\_\_ seconds. Relax. Then straighten thumb out as far as you can.

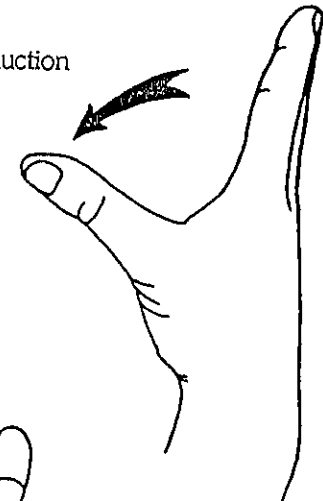


Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

## Active Range of Motion Thumb Abduction/Adduction

Actively bend thumb out away from palm as far as you can. Hold \_\_\_\_\_ seconds. Then pull thumb back to touch fingers. Try not to bend fingers toward thumb.

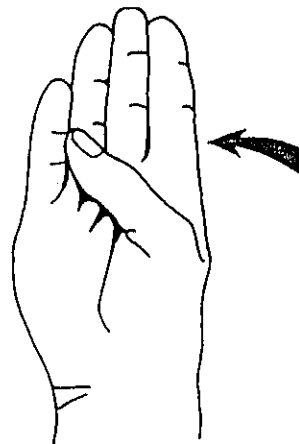


Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

## Active Range of Motion Thumb Flexion/Extension

Actively bend thumb across palm as far as you can. Hold \_\_\_\_\_ seconds. Relax. Then pull thumb back into "hitch hiking" position.

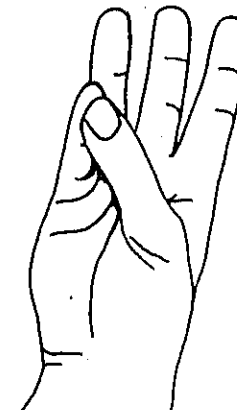


Repeat \_\_\_\_\_ times per session.

Do \_\_\_\_\_ sessions per day.

## Finger Opposition

Actively touch thumb to finger tip. Starting with index finger and proceed toward little finger. Move slowly at first, then begin to move rapidly as your motion and coordination improve. Be sure to touch each finger tip.



Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

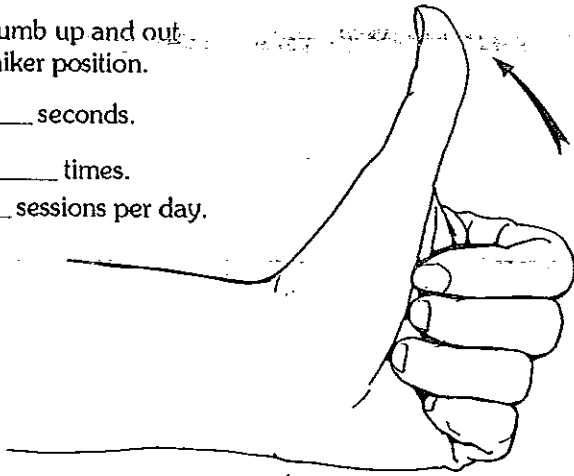
**THUMB - 24**  
Composite Extension (Active)

Bring thumb up and out  
in hitchhiker position.

Hold \_\_\_\_ seconds.

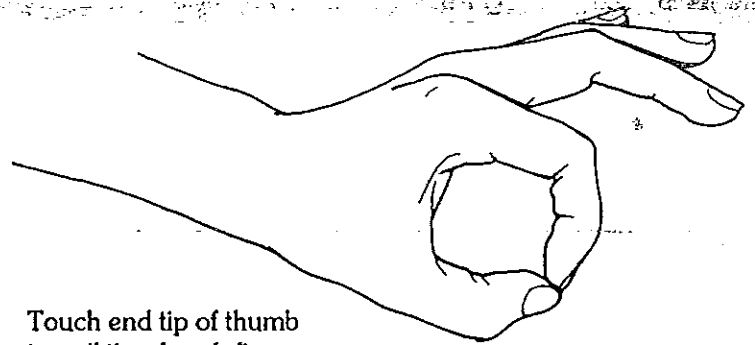
Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.



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**THUMB - 29**  
Opposition (Active)

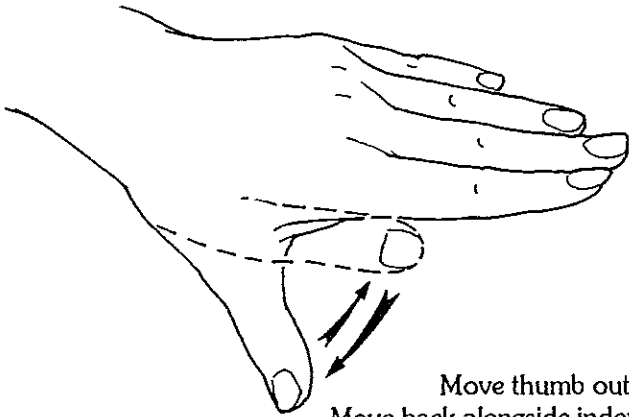


Touch end tip of thumb  
to nail tip of each finger  
in turn, making an "O" shape.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

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**THUMB - 26**  
Radial Adduction / Abduction (Active)

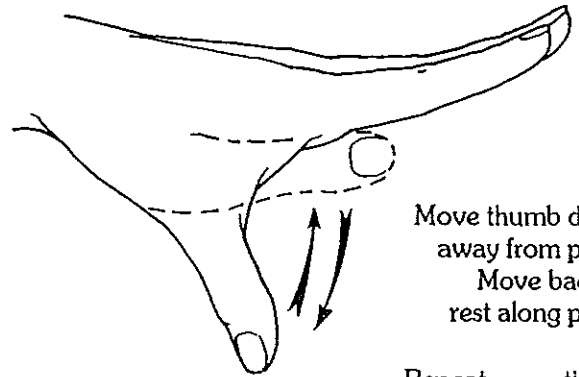


Move thumb out to side.  
Move back alongside index finger.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

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**THUMB - 27**  
Palmar Adduction / Abduction (Active)

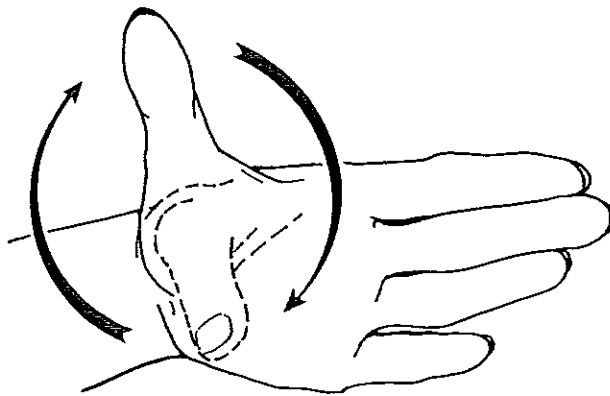


Move thumb down  
away from palm.  
Move back to  
rest along palm.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

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**THUMB - 30**  
Composite Movement Circumduction (Active)



Make circles with thumb.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

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