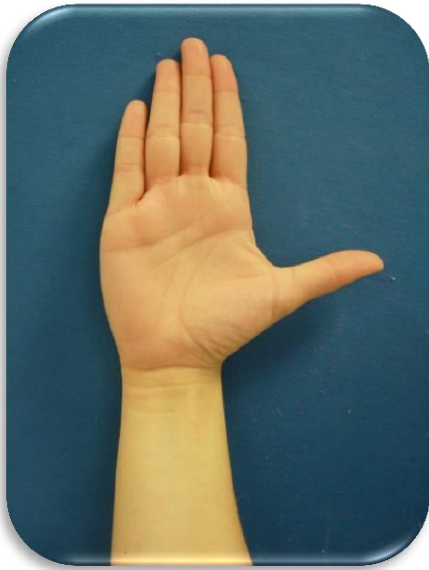


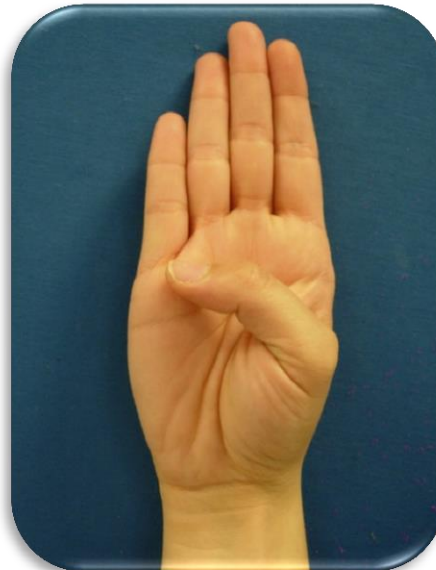


Active thumb exercises

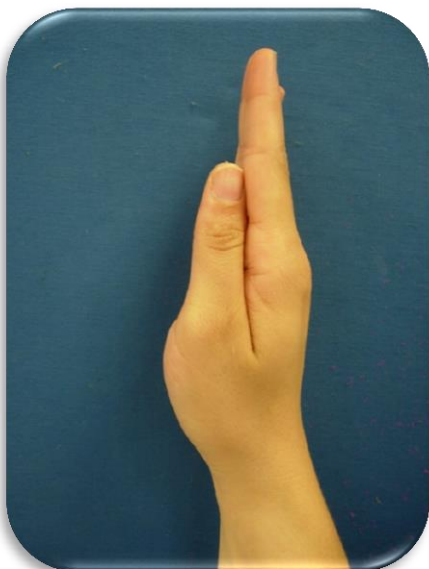
Keep your wrist straight and your fingers relaxed with your palm facing you



Extension
Place your palm on the surface of a table and stretch your thumb away from the palm and back to the index finger.



Flexion
Bend the tip of your thumb and then the middle joint of the thumb. Move the thumb towards the base of the little finger, keeping close to the palm of the hand.



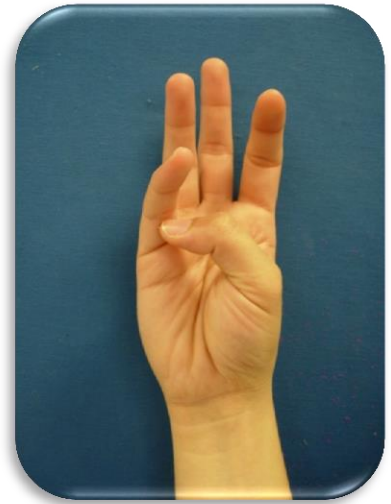
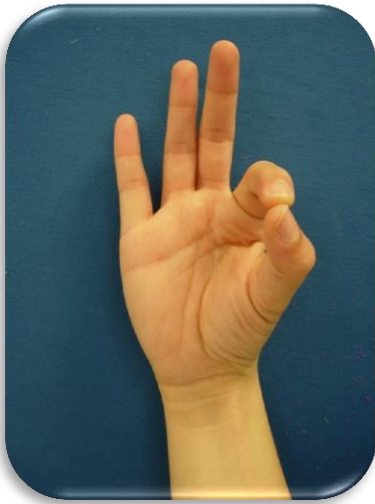
Adduction
Place the little finger on the edge of the table and move your thumb next to your index finger.



Abduction
Move the thumb away from the rest of the hand to form an L-shape

Exercises should be carried out ___ times, ___ times a day

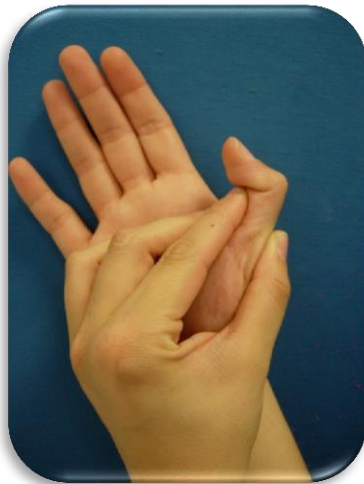




Opposition: touch the tip of each finger tip until you reach the tip of the little finger, comfortably.
Move towards the base of the little finger.



Retropulsion
Lift the thumb away from the table, while keeping all the joints straight.



Use your non affected hand to block the affected bigger thumb joint from moving, then move the tip of the thumb forwards and backwards.

Exercises should be carried out ___ times, ___ times a day

