

Thumb Exercises: Active Motion

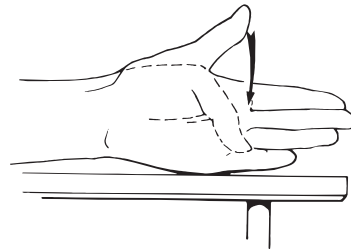
The goal of these exercises is to regain or maintain function of your thumb. It uses an exercise method called active range of motion.

Your occupational therapist has designed these exercises to meet your specific needs. For best results, please perform each exercise as shown.

If your symptoms change or become worse when you are exercising, stop the activity. If the symptoms persist or are bothersome, call your doctor's office.

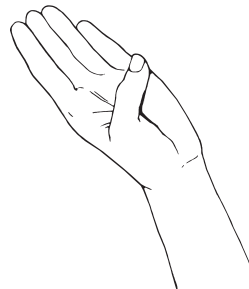
To obtain the best results, please perform each exercise as shown.

THUMB - MP Flexion (Assistive)



With hand resting on little finger side, slide thumb across palm. Repeat 10 times. Do these exercises _____ times per day.

THUMB - MP Flexion (Active)



Bend thumb to touch base of little finger, keeping tip of thumb joint straight.

Repeat 10 times. Do these exercises _____ times per day.

THUMB - MP Extension (Active)

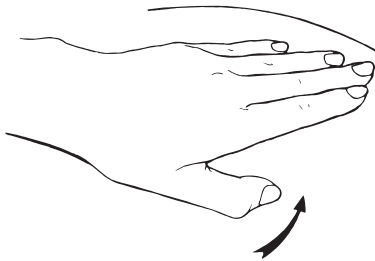


With palm on table, lift thumb up. Hold 10 seconds.

Relax and lower thumb.

Repeat _____ times. Do these exercises _____ times per day.

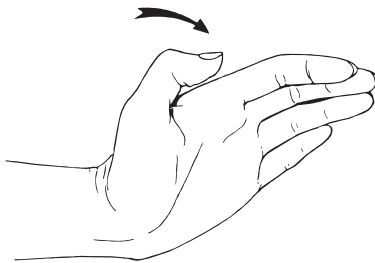
THUMB - IP Flexion (Assistive)



Rest hand on table and bend tip joint of thumb.

Repeat 10 times. Do these exercises _____ times per day.

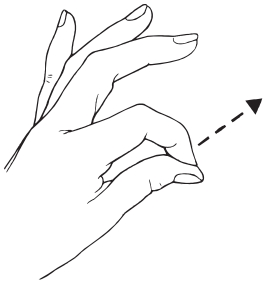
THUMB - IP Flexion (Active)



Bend tip of thumb down as far as possible.

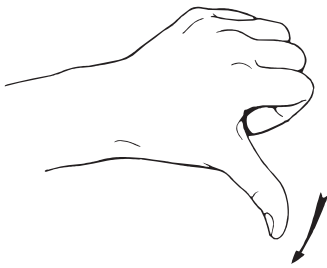
Repeat 10 times. Do these exercises _____ times per day.

THUMB - IP Extension (Assistive)



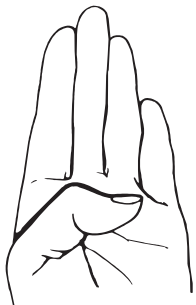
Use index finger to extend tip of thumb. Let go and hold thumb position. Repeat 10 times. Do these exercises _____ times per day.

THUMB - IP Extension (Active)



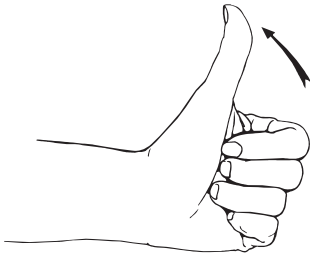
Straighten tip of thumb completely. Repeat 10 times. Do these exercises _____ times per day.

THUMB - Composite Flexion (Active)



Bend both joints of thumb as far as possible. Try to touch base of little finger. Repeat 10 times. Do these exercises _____ times per day.

THUMB - Composite Extension (Active)

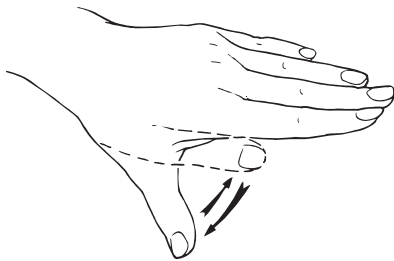


Bring thumb up and out in hitchhiker position.

Hold 10 seconds.

Repeat _____ times. Do these exercises _____ times per day.

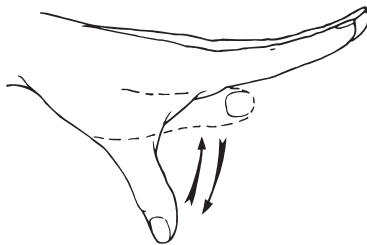
THUMB - Radial Adduction/Abduction (Active)



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

Repeat 10 times. Do these exercises _____ times per day.

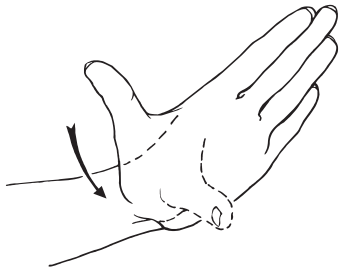
THUMB - Palmar Adduction/Abduction (Active)



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

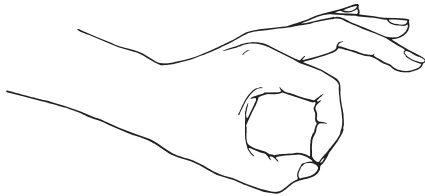
Repeat 10 times. Do these exercises _____ times per day.

THUMB - Composite Abduction (Active)



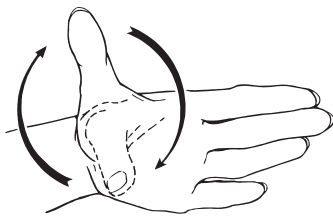
With thumb out to side, swing down, pointing away from palm. Return. Repeat 10 times. Do these exercises _____ times per day.

THUMB - Opposition (Active)



Touch tip of thumb to nail tip of each finger in turn, making an “O” shape. Repeat 10 times. Do these exercises _____ times per day.

THUMB - Composite Movement Circumduction (Active)



Make circles with thumb. Repeat 10 times. Do these exercises _____ times per day.

THUMB - Palm Creasing (Active)



Deepen hollow of the hand by cupping palm along longitudinal arch, keeping thumb and all fingers straight.

Hold 5 seconds. Relax.

Repeat _____ times. Do these exercises _____ times per day.

Health Information Resources

For more information, visit one of Northwestern Memorial Hospital's Health Learning Centers. These state-of-the-art health libraries are located on the third floor of the Galter Pavilion and on the first floor of the Prentice Women's Hospital. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Centers by calling 312-926-LINK (5465) or by sending an e-mail to hlc@nmh.org.

For additional information about Northwestern Memorial Hospital, please visit our Web site at www.nmh.org.

Para asistencia en español, por favor llamar a el departamento de representantes para pacientes al 312-926-3112.

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Developed by: Rehabilitation Department

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