

Patient:

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Date:

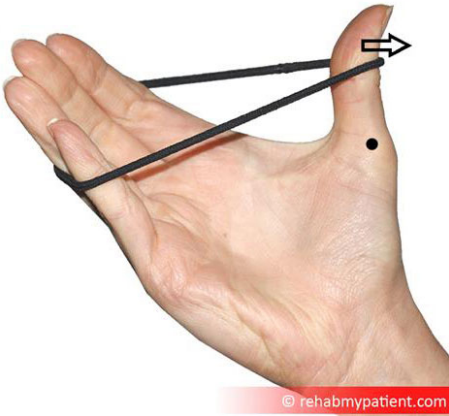
07th May 2020

Thumb Extension - Band

Place an elastic band around your fingers and thumb. Move your thumb away from your fingers against the resistance of the band to strengthen your thumb tendons.

Hold for 5 | Repeat 30 times | Perform 3 times daily

Video: <http://youtu.be/0me9b2Kjkbk>



Finger/Thumb Abduction Band

Wrap an elastic band around your fingers and thumb. Pull your fingers and thumb apart from each other, against the resistance of the band. This exercise will help strengthen your joints.

Hold for 5 | Repeat 30 times | Perform 3 times daily

Video: <http://youtu.be/5kp45nPJxa8>

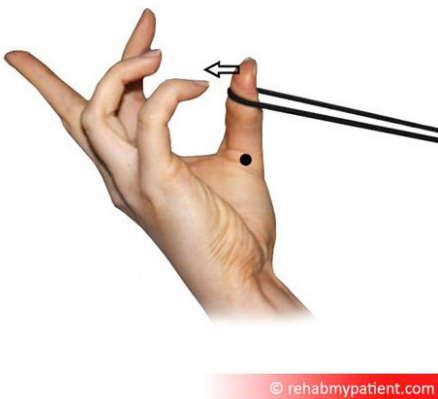


Thumb Opposition - Band

Place an elastic band around the tip of your thumb. With your free hand hold the other end of the band. Move your thumb towards your little finger, against the resistance of the band. This will help strengthen your thumb.

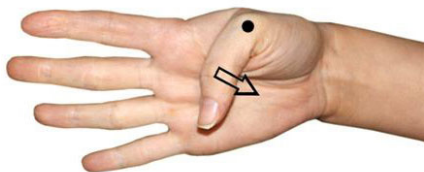
Hold for 5 | Repeat 30 times | Perform 3 times daily

Video: http://youtu.be/wJr6OMT_6o



Thumb Flexion Active CM

Bend your thumb across your palm, then wrap your fingers around the thumb and tilt the wrist down, away from the thumb. This exercise will stretch out the muscles of the thumb.



Hold for 30 | Repeat 2 times | Perform 3 times daily

Video: <http://youtu.be/685j4hzFVwc>

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