

Exercise plan:
Thumb OA easy website

Patient:
--

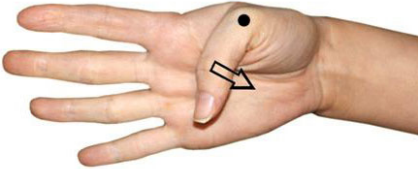
Date:
24th Apr 2020

Thumb Flexion Active CM

Bend your thumb downwards from the main thumb joint. This exercise will help mobilise your thumb.

Repeat 10 times | Perform 3 times daily

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



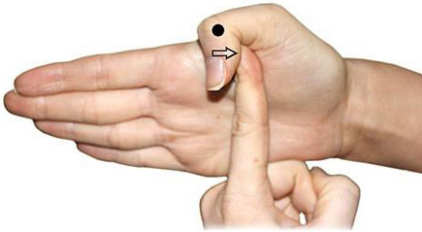
© rehabmypatient.com

Thumb Flexion Active MP

Place your index finger underneath the middle of your injured thumb. Bend the top joint of your thumb. This exercise will help mobilise your thumb.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/VxUVY4UsGTQ>



© rehabmypatient.com

Thumb Extension

Place your hand in front of you with your thumb placed next to your fingers. Extend your thumb backwards.

Repeat 10 times | Perform 3 times daily

Video: http://youtu.be/A_BqRfZ3kCo



© rehabmypatient.com