

Exercise plan:
Thumb OA moderate website

Patient:
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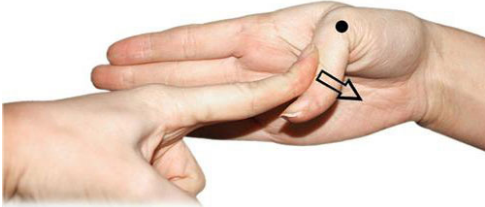
Date:
24th Apr 2020

Thumb Flexion Assisted CM

Place your finger above the main joint of your injured thumb. Gently bend the joint. This exercise will help mobilise your thumb.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/Ee1C6XeQPsA>



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Thumb Flexion Assisted MP

Use your thumb and finger to hold the end of your injured thumb. Gently bend the joint. This exercise will help mobilise your thumb.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/dvHdhUIYu-Y>



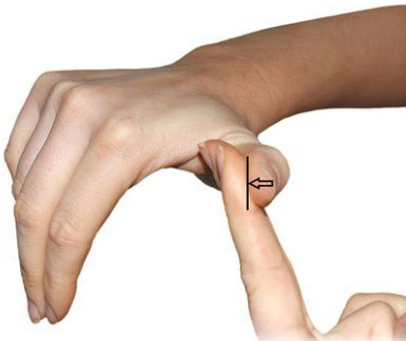
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Isometric Thumb Flexion

Place your thumb on the tips of two fingers. Push against the resistance of your fingers. This exercise will help increase the strength of your thumb tendons.

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

Video: <http://youtu.be/eBsDhb9Ov70>



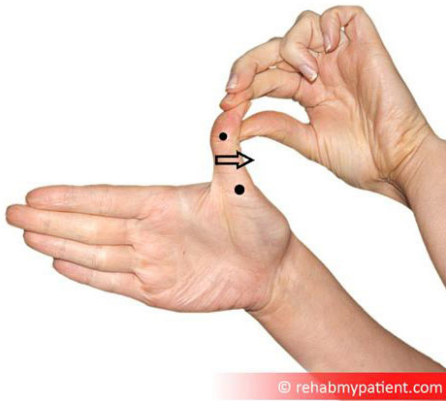
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Thumb Extension Stretch

Use your finger to bend your thumb backwards to feel a stretch at the base of your thumb. This exercise will help improve thumb flexibility.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/rCtyXW-YdFI>



Thumb Opposition - Isometric

Place a finger under your injured thumb. Move your thumb against the resistance towards your little finger. This will help strengthen your thumb.

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

Video: http://youtu.be/VKlvY-ut_5M

