

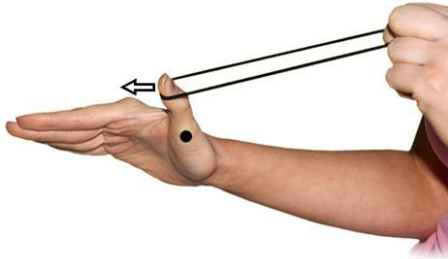
Exercise plan:
Thumb OA advanced website

Patient:
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Date:
24th Apr 2020

Thumb Flexion - Band

With your palm facing inwards, wrap an elastic band around the tip of your thumb. With your free hand hold the other end of the band. Move your thumb downwards against the resistance of the band. This exercise will help strengthen your thumb.



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Repeat 10 times | Perform 3 times daily

Video: http://youtu.be/hKGehy6_tuY

Ball Squeeze

Squeeze a small ball in your hand. Use this to strengthen your thumb and fingers. You can also use putty, a small towel, or other small squeezable items.



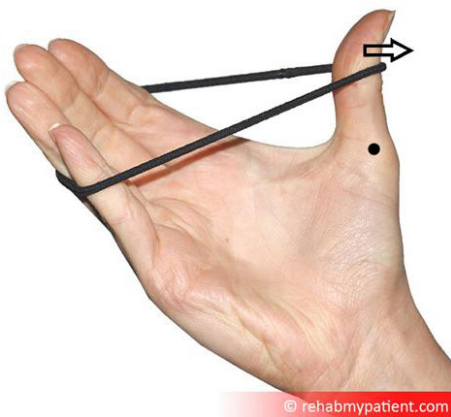
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Hold for 3 | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/EMx8Ufccvik>

Thumb Extension - Band

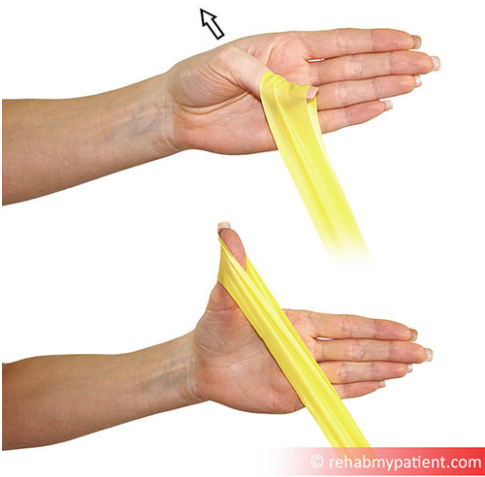
Place an elastic band around your fingers and thumb. Move your thumb away from your fingers against the resistance of the band to strengthen your thumb tendons.



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Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/0me9b2KjkbC>

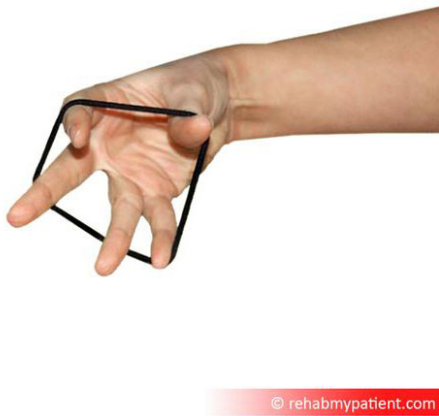


Thumb Extension - Band 2

Place an elastic band or piece of exercise band around your thumb and hold the other end. Pull your thumb backwards against the resistance. Relax, and repeat.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/lgokBrYely8>



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.

Repeat 10 times | Perform 3 times daily

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