



Thumb AROM exercises

Patient information

Isolated IPJ and MPJ Flexion and Extension

Hold thumb below joint to be exercised.

Bend and straighten the tip of your thumb.

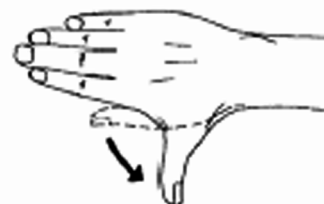
Then move your hand to support the next joint down and bend and straighten this joint.



Thumb Extension

Place the palm of your hand on the table.

Moving your thumb along the table bring it away from your index finger and back again.



Thumb Opposition

Touch each fingertip with your thumb starting with your index finger and working along to your little finger.

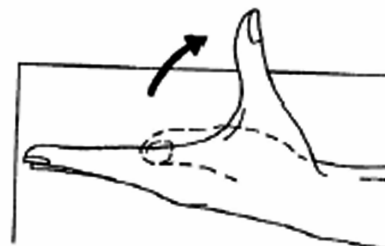
Once you can reach your little finger slide your thumb down towards your palm.



Thumb Abduction

Place the little finger side of your hand on the table.

Bring your thumb away from the palm (in line with the table) and then back to the index finger – like the action of opening your hand to pick up a glass.



Thumb Flexion

Put the back of your hand on the table.

Bring your thumb to the base of your little finger and then bring your thumb back to the table.



Thumb Circumduction

Hold all fingers straight.

Make a big circle with your thumb.



Who should I contact if I have any problems?

If you have any questions regarding your hand therapy please contact the hand therapy team on **01642 835595**.

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