

If you require this leaflet in any other format, e.g, large print, please telephone 01935 384256

## THUMB RANGE OF MOTION EXERCISES

**For further information please contact:**

Physiotherapy Department  
01935 384358

Occupational Therapy Department  
01935 384215

*Hand Therapy Service*

[www.yeovilhospital.nhs.uk](http://www.yeovilhospital.nhs.uk)

### Isolated IPJ and MCPJ Flexion/ Extension



- Hold your thumb below the joint to be exercised
- Bend and straighten the tip of the thumb
- Move your hand down to hold below the knuckle joint and then bend and straighten this joint

Repeat \_\_\_\_\_ times

### Thumb Flexion



- Put the back of your hand on a table
- Bring your thumb to the base of your little finger
- Bring your thumb back

Repeat \_\_\_\_\_ times

### Opposition



- Touch each fingertip with your thumb
- Once you can touch your little finger, practise sliding your thumb down towards your palm

Repeat \_\_\_\_\_ times

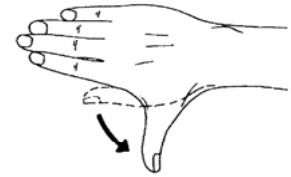
### Isolated CMCJ Circumduction



- Hold all fingers straight
- Make a big circle with your thumb

Repeat \_\_\_\_\_ times

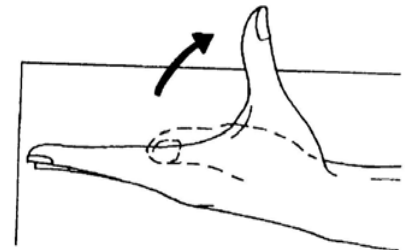
### Thumb Extension Span



- Place the palm of your hand on a table
- Bring your thumb away from the index finger and then back again.

Repeat \_\_\_\_\_ times

### Thumb Abduction Span



- Place the side of your hand on a table
- Bring your thumb away from the palm and then back to the index finger (the action of holding a glass)

Repeat \_\_\_\_\_ times