

## Personal exercise program

### Thumb

Coventry & Warwickshire NHS PT  
Coventry & Warwickshire NHS PT  
Childrens Physio, Paybody Unit, Stoney Stanton Road, CV1 4FH,  
Coventry, United Kingdom

Provided for                      Test Patient

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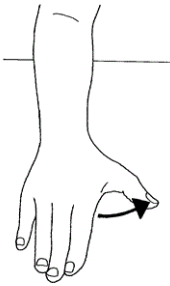


Sit with your lower arm supported by a table, the palm resting on the table.

Straighten your thumb and lift it from the support. Hold for \_\_\_\_\_ seconds. Lower your thumb.

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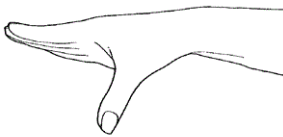


Sit with your lower arm supported by a table, the palm resting against the table. Keep all the joints of your thumb bent.

Straighten your thumb as much as possible. Then bend all the joints again.

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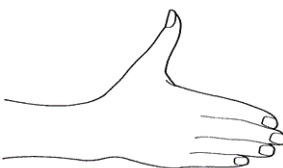


Move your thumb away from your palm at the level of your index finger as if you are about to pick up a cup.

\_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

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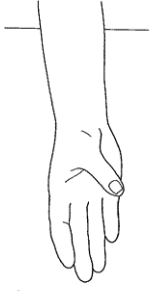


Move your thumb away from palm, keeping your thumb parallel with the palm of your hand.

\_\_\_\_\_ seconds, \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

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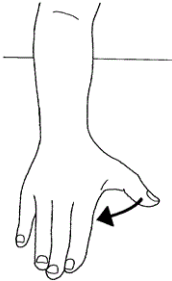
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Sit with your lower arm supported by a table, the palm resting on the table.  
Bring your thumb towards the outside of your little finger. Bring it back.

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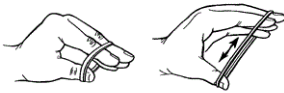
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Sit with your lower arm supported by a table, the palm resting against the table, thumb joints straight.  
Bend your thumb as much as possible. Then straighten all the joints again.

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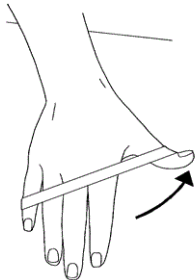
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1. Place rubber band around fingers and thumb as shown
2. Move thumb and fingers apart as shown
3. Hold \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

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Sit with your lower arm supported by a table. A rubber band or an exercise band placed around your thumb and fingers.

Spread your thumb out from the other fingers. Hold for \_\_\_\_\_ seconds.  
Bring your thumb back.

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