

Thumb Exercises *(page 1 of 5)*

This leaflet is a reminder of the exercises you have been given by your physiotherapist.

- Please only do the exercises you have been instructed to do.
- Only do each exercise the number of times written in the box.
- These exercises are to help improve the movement of your thumb after injury/surgery.
- If you do not do these exercises your thumb may become stiff and then not move as well as it could.

If you have any problems please contact your therapist.

1. Start with your fingers and wrist straight

- Slowly bend your wrist forwards, keeping your fingers relaxed.
- Now take it back as far as you can.
- Note that your fingers may bend as you take your wrist back.

Starting position



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 01722 429044 or send an email to: sft.pals@nhs.net

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: sft.patient.information@nhs.net if you would like a reference list.

Do the exercise

times.

times daily.

Therapist's name: _____

Author: P Wareham & L Webb

Role: Physiotherapists

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2. Start with your thumb and fingers straight

- Touch the tip of your thumb to the tip of each finger in turn, making an 'O' shape.
- Return to the starting position between making each 'O'.
- When this is easy, slide your thumb down your little finger as far as you can

Starting position



Do the exercise



times.



times daily.

3. Start with your thumb and fingers straight

- Gently stretch your thumb across the palm of your hand towards the bottom of your little finger.
- Return to the starting position.



Do the exercise



times.



times daily.

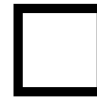
4. Start with your thumb and fingers straight

- Hold just below the top of your injured thumb using the thumb and index finger of the other hand.
- Gently bend and straighten the tip of your thumb.

Starting position



Do the exercise



times.

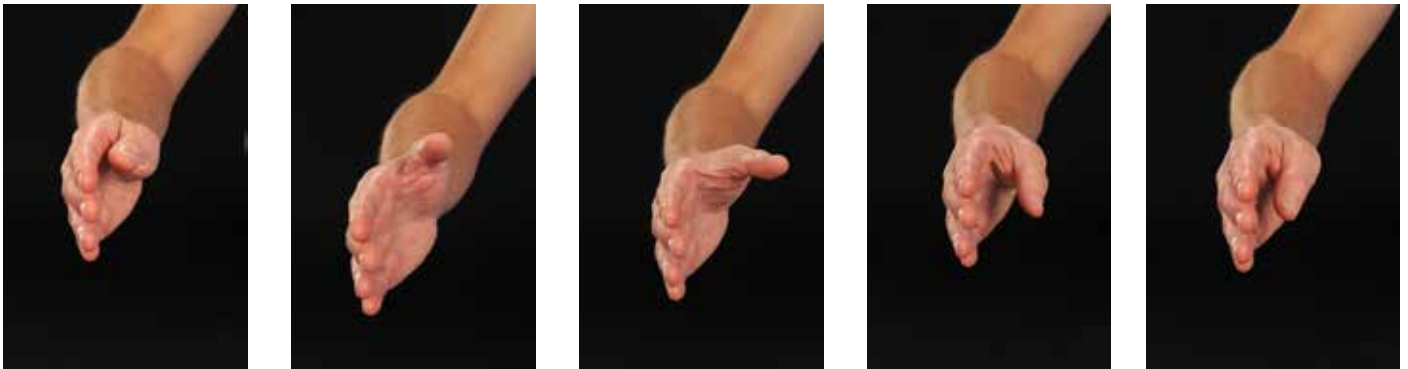


times daily.

5. Start with your fingers straight

- Move your thumb away from your fingers as far as you can.
- Make a big circle with your thumb.
- Repeat in the other direction.

Starting position



Do the exercise



times.



times daily.

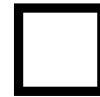
6. Start with your thumb positioned in your palm and in line with your index finger

- keeping your thumb in line with your index finger, bring your thumb out towards you i.e. making an 'L' shape.
- Keeping your thumb in line with your index finger, bring your thumb out towards you.
- Hold for a few seconds.
- Return to the starting position.

Starting position



Do the exercise



times.



times daily.

7. Start with your hand flat on the table, with your palm facing down

- Lift your thumb up to the ceiling or off the table, making sure that the rest of your hand stays on the table.
- Hold for a few seconds.
- Return to the starting position.

Starting position



Do the exercise



times.



times daily.

8. Start with your fingers and wrist straight, keep the forearm still and:

- Move your hand towards your little finger side.
- Move it back to the centre.
- Then move it towards the thumb side.
- Return it to the centre again (like a 'royal wave').

Starting position



Do the exercise



times.



times daily.

