



Thumb ROM Exercises

Do these _____ times per day

Hold each one at the first point of pain, relax and repeat _____ times.

1. Active thumb flexion- start by trying to touch the tip of each finger. Once you can touch the little finger, work your way down to the palm.



2. Passive thumb flexion-using your opposite hand, bend the thumb towards the palm.



3. Active radial abduction-move thumb out and back, away from the palm of the hand. Stretch it back as far as you can go.



4. Palmar abduction-Start with hand on its side (thumb will be on top). Move thumb out away from the palm of the hand but still in line with the pointer (index) finger.



5. Passive abduction- Put thumb of opposite hand into the palm and on the muscle part of your thumb. Slowly push down and back to stretch the thumb.



Call if questions: _____ Date: _____