



Thumb AROM Home Exercise Program

Hold each stretch for _____ seconds

Repeat _____ times

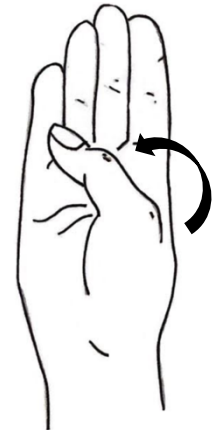
Do _____ times per day



- Use opposite hand to stabilize thumb.
- Bend & straighten thumb tip only.



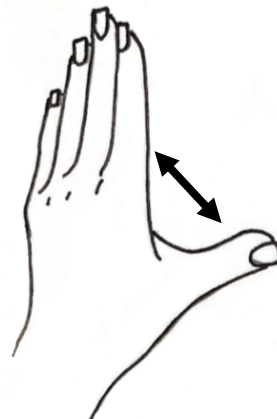
- Use opposite hand to stabilize base of thumb.
- Bend middle thumb joint while keeping thumb tip straight.



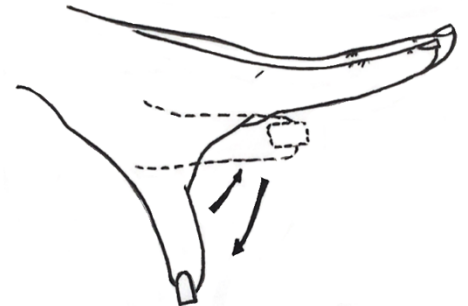
- Bring thumb across palm, bending both thumb joints.



- Touch tip of thumb to each fingertip, making an "O" shape.



- Lay hand flat on a table.
- Bring thumb out to the side and then back in towards the index finger.



- With hand resting on small finger side, bring thumb out to the side & away from the palm.
- Bring thumb back in towards the palm.



Thumb PROM & Blocking Home Exercise Program

Hold each stretch for _____ seconds

Repeat _____ times

Do _____ times per day



- Use other hand to bend the tip of your thumb down until you feel a stretch.



- Use other hand to bend both thumb joints down across the palm until you feel a stretch.