



Active exercises for your thumb

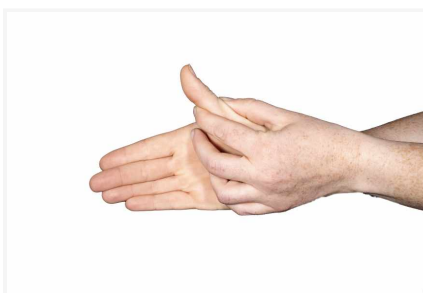
Information for patients from the Orthopaedic Hand Service

The following exercises should not be painful, but they may feel slightly uncomfortable as your fingers and hand stretch.

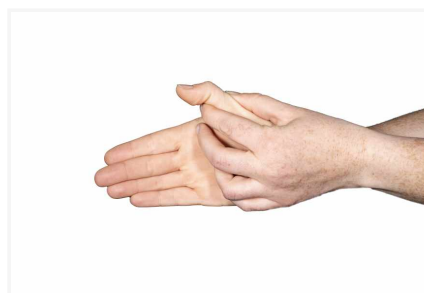
- Each exercise should be completed four to six times, and four times a day if possible. Your therapist or doctor will tell you if this needs to be different.
- Always exercise gently and slowly.
- Hold the position at the end of each exercise for five seconds.
- Always start and finish with your fingers as straight as possible.

Exercise 1

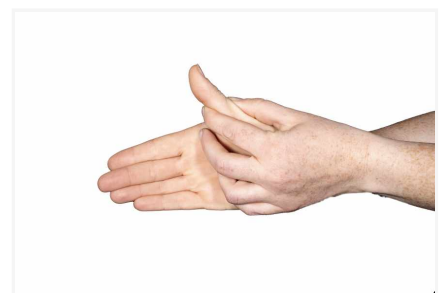
- Block below the tip of your thumb (a), and try to bend (b) and straighten the tip (c) as much as you can.



Exercise 1a



Exercise 1b



Exercise 1c

Exercise 2

- With your hand flat on the table (a), try to move your thumb away from the rest of your hand (b).
- Hold for five seconds before moving back together (c).



Exercise 2a



Exercise 2b



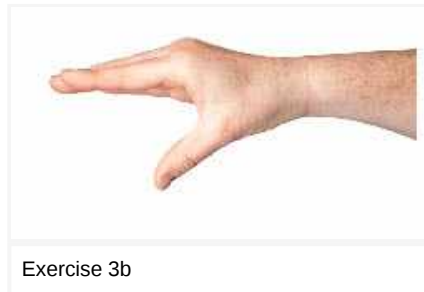
Exercise 2c

Exercise 3

- With your hand on its side (a), move your thumb sideways away from your palm (b).
- Hold for five seconds before moving back together (c).



Exercise 3a



Exercise 3b



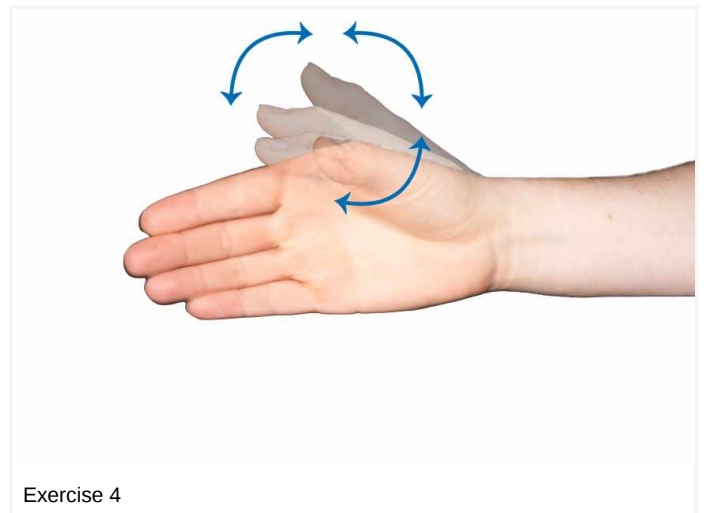
Exercise 3c

Exercise 4

Place your hand on its side. Hold your fingers out of the way, and make a big circle with your thumb for one minute.

Exercise 5a

- Touch the tip of your thumb to each finger in turn.



Exercise 4



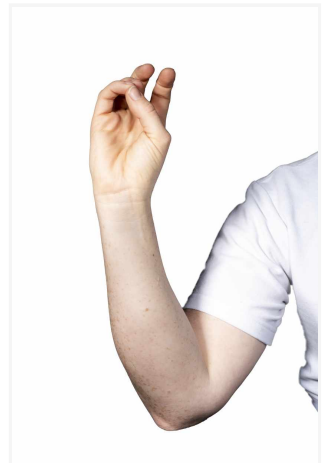
Exercise 5a



Exercise 5a



Exercise 5a



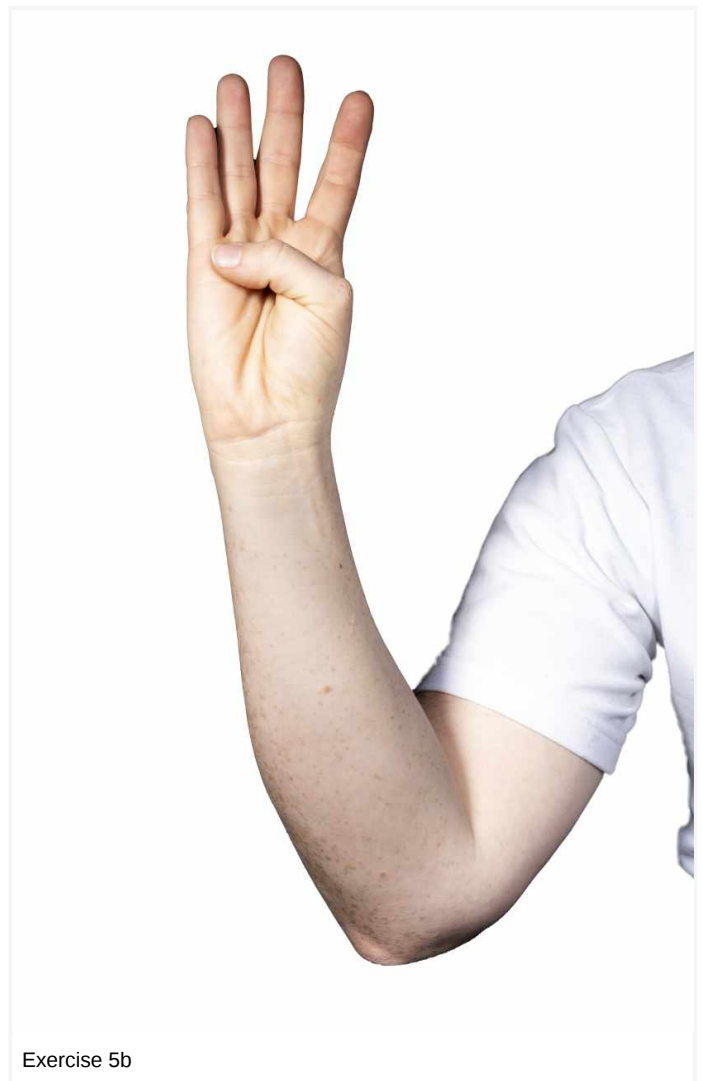
Exercise 5a

Exercise 5b

- Try to slide your thumb from the tip of your little finger to the base.

What if I have any questions or concerns?

If you have any questions or concerns regarding your treatment, please call the **Physiotherapy Department** on **01227 783065**.



Exercise 5b

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email ekh-tr.pals@nhs.net

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Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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