Thumb Exercises

This leaflet offers more information about exercises to help reduce stiffness and increase the range of movement of your thumb. If you have any further questions or concerns, please speak to the staff member in charge of your care.

You may find your joints and muscles feel stiff or painful to begin with, but as you continue with the exercises this should improve.

Your therapist will let you know if you should do these exercises:

_histogram passively_ – where you push your thumb into a position with your other hand or
_histogram actively_ – where you use your thumb muscles on their own.

Histogram These exercises should be done _________ times during the day.

_histogram You should hold each position for ________ seconds.

1. Stretch and bend

_a) Keeping your hand flat, stretch your thumb away from your fingers as far as possible and hold._

_b) Then bend it as much as you can over towards the base of your little finger, hold then relax._

Repeat _________ times **passively** / **actively**

2. Tip to tip

_a) Starting with your first (index) finger, touch each fingertip in turn with the tip of your thumb, trying to make an ‘O’ shape._

_b) When you reach the little finger, run your thumb down to the base of the little finger._

Repeat _________ times **passively** / **actively**
3. Adduction (together)/ Abduction (spread apart)

a) Push your thumb against your index finger and hold.
b) Then stretch your thumb away from your index finger (as if going to pick up a glass), hold then relax.

Repeat _______ times passively / actively

Contact us
If you have any questions or concerns about your thumb exercises, please talk to your therapist at your next appointment. For urgent questions, contact the hand therapy team on 020 8725 1038 (answerphone, please leave a message). For appointments contact 020 8725 0007.

Your therapist’s name is ________________________________

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)
PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).
Tel: 020 8725 2453  Email: pals@stgeorges.nhs.uk

NHS Choices
NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. Web: www.nhs.uk

NHS 111
You can call 111 when you need medical help fast but it’s not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. Tel: 111
AccessAble
You can download accessibility guides for all of our services by searching ‘St George’s Hospital’ on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

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