

# 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 your therapist.

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:

👉 **passively** – where you push your thumb into a position with your other hand

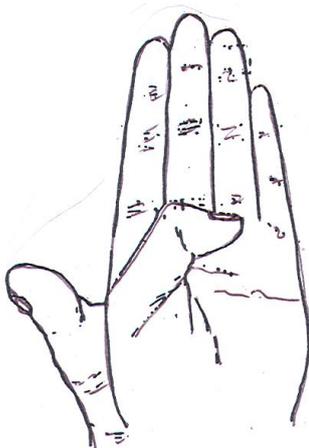
or

👉 **actively** – where you use your thumb muscles on their own (no external force)

👉 These exercises should be done ..... times during the day.

👉 You should hold each position for ..... seconds.

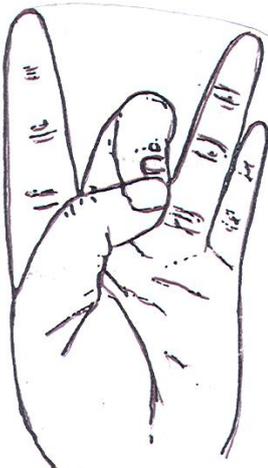
## 1. Straighten and bend



- Keeping your hand flat, straighten your thumb away from your fingers as far as possible and hold.
- Then bend it as much as you can over towards the base of your little finger, hold then relax.

Repeat  times **passively / actively**

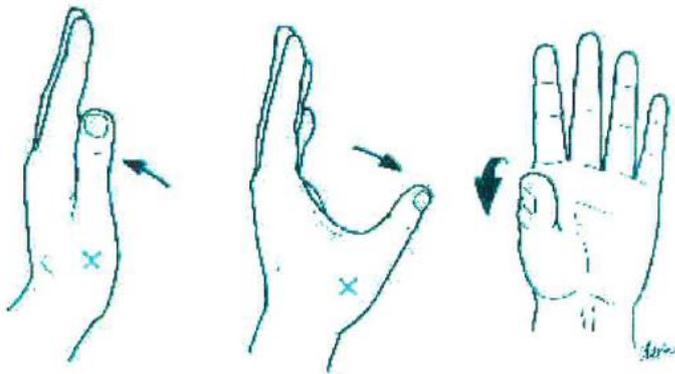
## 2. Tip to tip



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



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

Repeat  times **passively / actively**

## 4. Isolated thumb tip stretch and bend



- Gently wrap your fingers around the base of the thumb and support the middle knuckle. Leave the tip free.
- Bend the tip as much as you can, then return to the straight position.

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](http://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](mailto: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](http://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](http://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.



Reference: THE\_THE\_03 Published: May 2021 Review date: May 2023