

Thumb Exercises

This leaflet provides 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.

How often should I do my exercises?

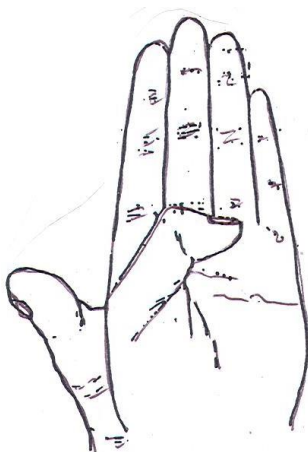
- Please complete each exercise _____ times.
- Hold each position for _____ seconds.
- Repeat _____ times per day.

1. Isolated thumb tip stretch and bend



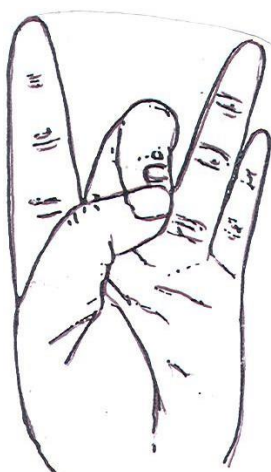
- Gently wrap your fingers around the base of the thumb and support the middle knuckle. Leave the tip free.
- Bend the tip as much as you can, then return to the straight position.

2. Straighten and bend



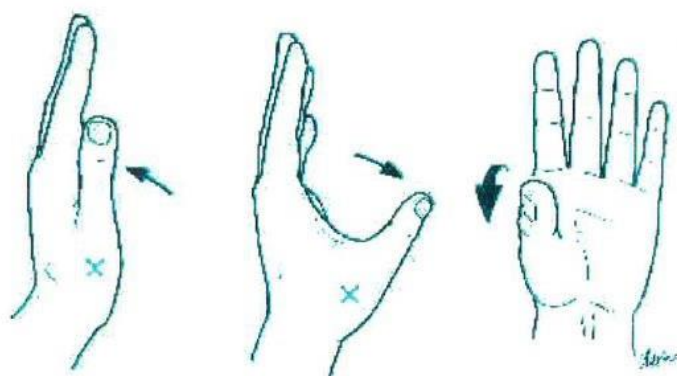
- Keeping your hand flat, straighten your thumb away from your fingers as far as possible and hold.
- Then bend it as much as you can over towards the base of your little finger, hold then relax.

3. 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.

4. 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.

Contact us

If you have any questions regarding the information provided in this leaflet, please feel free to discuss them with your therapist at your next appointment. For more urgent queries the team can be contacted on the **treatment enquiries** telephone number listed below.

Your therapist is: _____

Treatment enquiries: 020 8725 1038
Appointments: 020 8725 0007
Email: handtherapy@stgeorges.nhs.uk

Or scan
here



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

Was this information helpful? Yes / No

Please let us know, contact patient.information@stgeorges.nhs.uk and include the leaflet title.

Thank you.

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

The Walk-in and Advisory telephone services are closed on Wednesdays.

Please contact PALS in advance to check if there are any changes to opening times.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS UK

The NHS 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 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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