Active Thumb Range of Motion Exercises

These exercises are to be done with the thumb of your:
- Right hand
- Left hand
- Both hands

If you have any questions, talk to your therapist or doctor.

For all exercises
- Follow the directions of your doctor or therapist for these exercises.
- Exercise 3 times each day. Do 10 to 15 repetitions of each exercise.
- Do all exercises slowly with smooth motion.

Exercises

- **Thumb away from palm (abduction)**
  1. Rest your hand with your palm side up.
  2. Move your thumb away from your palm, so the tip of your thumb points to the ceiling.
  3. Return to the starting position and repeat.

- **Thumb circles (circumduction)**
  1. Rest the side of your hand on the table or another surface.
  2. Move your thumb in large circles.
  3. Repeat and then make circles in the other direction.

- **Bending thumb (interphalangeal (IP) flexion)**
  1. Hold the lower joint of your thumb with the thumb and fingers of your other hand.
  2. Bend your thumb tip down as far as you can.
  3. Return to the starting position and repeat.
Bending thumb joints to palm (composite flexion)
1. Rest the side of your hand on the table or another surface.
2. Bend both joints of your thumb as far as you can across your palm, trying to touch the base of your little finger.
3. Return to the starting position and repeat.

Moving thumb to side of fingers (adduction)
1. Rest the side of your hand on the table or another surface.
2. Move your thumb in toward the other fingers.
3. Hold and then return to the starting position and repeat.