



Thumb CMC Supported Range of Motion Exercises

These exercises are to be done with the thumb of your:

- Right hand Left hand Both hands

For these exercises, you use your other hand to support the thumb and wrist joint at the base of your thumb, called the CMC (carpometacarpal) joint. If have any questions, talk to your therapist or doctor.

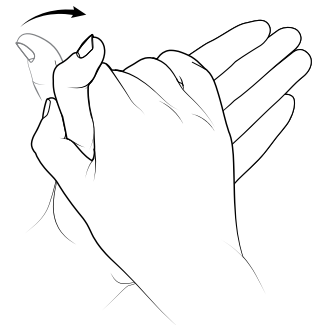
For all exercises

- 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 and with smooth motion.

Exercises

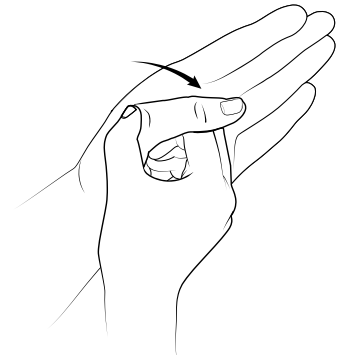
Bending the tip of your thumb (Interphalangeal (IP) Flexion/Extension)

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.



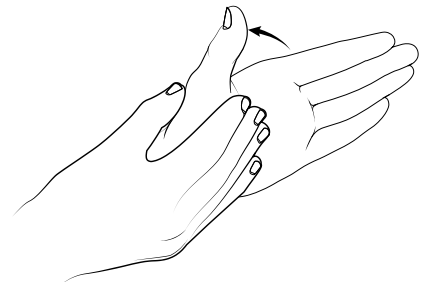
Bending base joint of thumb (Metacarpophalangeal (MP) Joint Flexion)

1. Hold the lower joint of your thumb with the thumb and fingers of your other hand.
2. Bend your thumb down as far as you can, keeping the top joint of your thumb straight.
3. Return to the starting position and repeat.



☐ **Straighten your thumb (Metacarpophalangeal (MP) Extension)**

1. Hold the lower joint of your thumb with the thumb and fingers of your other hand.
2. Straighten your thumb as far as you can.
3. Return to the starting position and repeat



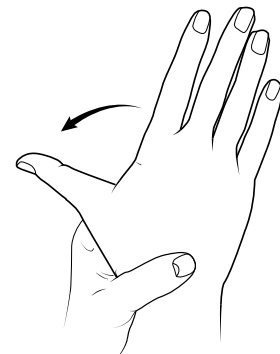
☐ **Palmar abduction**

1. Using your other hand, support your wrist with the thumb and the other fingers along the palm.
2. Bend your thumb out and away from your palm.
3. Return to the starting position and repeat.



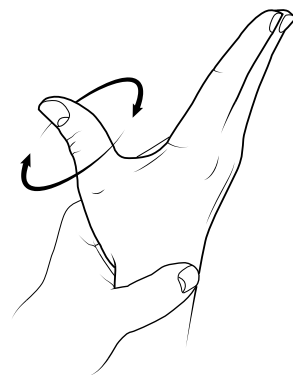
☐ **Thumb extension**

1. Using your other hand, support your wrist with the thumb and the other fingers along the palm.
2. Bend your thumb up as far as you can.
3. Return to the starting position and repeat.



☐ **Thumb circles (circumduction)**

1. Using your other hand, support your wrist with the thumb and the other fingers along the palm.
2. Move your thumb in circles.
3. Repeat making circles in the other direction.



Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to patienteducation.osumc.edu or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.