



Thumb Isometric Strengthening

These exercises will help improve the strength of your thumb and hand.

Only do the exercises checked by your therapist.

Hold each exercise 3 to 5 seconds.

Repeat each exercise _____ times, _____ times a day.

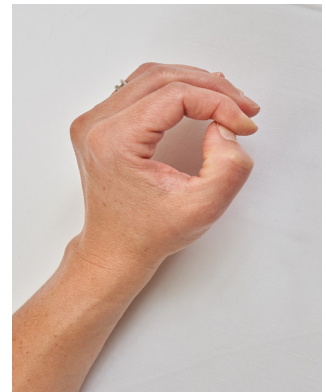
IP Thumb Flexion

- Press your thumb tip against the edge of a table.



IP Thumb Extension

- Push your thumb out against the resistance of your finger of the other hand without moving the finger.



MP Thumb Extension

- Extend your thumb tip back against the resistance of your index finger, without moving the index finger.



MP Thumb Flexion

- Press your thumb against the fingers of your other hand without moving the fingers.



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