Thumb Exercises: Passive & Assistive

The goal of these exercises is to regain or maintain function of the thumb. It uses 2 exercise methods:
- Assistive (your non-affected hand “helps” perform the exercises)
- Passive range of motion (no active movement of the affected thumb)

Your occupational therapist has designed these exercises to meet your specific needs. To obtain the best results, please perform each exercise as shown.

If your symptoms change or become worse when you are exercising, stop the activity. If the symptoms persist for more than _____ hours, call your doctor’s office.

THUMB - Flexion

Use other hand to bend base joint of thumb.

Tuck thumb under all fingers.

Hold 5 to 10 seconds, then release.

Repeat steps 1, 2 and 3 _____ times. Do these exercises _____ times per day.
**THUMB - Extension**

Use other hand to straighten base joint of thumb.

Hold 5 to 10 seconds, then release.

Repeat ______ times. Do these exercises ______ times per day.

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**THUMB - Flexion**

Bend tip of thumb using thumb and forefinger of other hand.

Press thumb tip down with index finger.

Hold 5 to 10 seconds, then release.

Repeat steps 1, 2 and 3 ______ times. Do these exercises ______ times per day.
THUMB - Extension

Use other hand to straighten tip joint of thumb.

Hold 5 to 10 seconds, then release.

Repeat _____ times. Do these exercises _____ times per day.

THUMB - Composite Flexion

Use other hand to bend both joints of thumb at the same time.

Hold 5 to 10 seconds, then release.

Repeat _____ times.  
Do these exercises _____ times per day.
THUMB - Composite Extension

Using other hand, straighten thumb completely at both joints.

Hold 5 to 10 seconds, then release.

Repeat ______ times. Do these exercises ______ times per day.