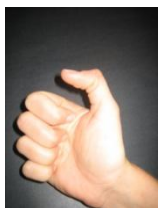
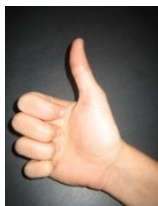


Thumb Gliding

Exercises are to be done 5 times each, 5 times a day and holding each position for a count of 5 seconds.



Active IP Flexion/Extension:

Support MP joint with opposite hand and gently bend IP joint up and down.



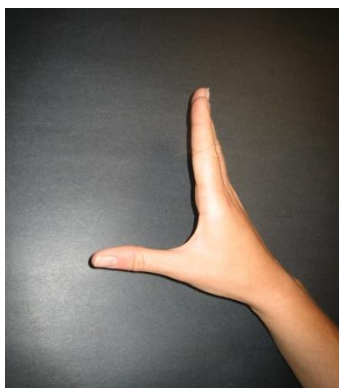
Active MP Flexion/Extension:

Support below MP joint with opposite hand and gently bend MP joint up and down while keeping tip of thumb straight.



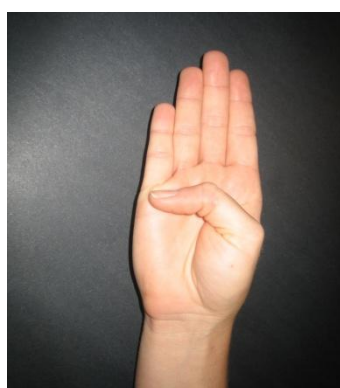
Active Radial Abduction:

Place the hand flat on table, palm down. Start with thumb on side of hand and then spread thumb away from hand.



Active Opposition:

Place side of hand on table. Start with thumb resting on palm and then lift thumb away from palm making an "L."



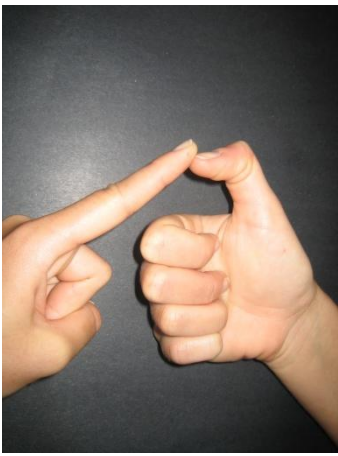
Active Adduction:

Place hand flat on table, back of hand down. Start with thumb up and away from palm and then bring tip of thumb to the base of small finger.



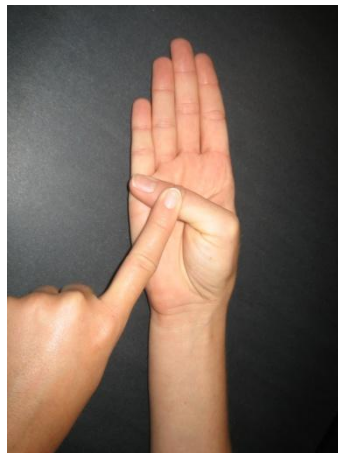
Active Thumb Circles:

With hand supported on table, gently move thumb in circular motion.



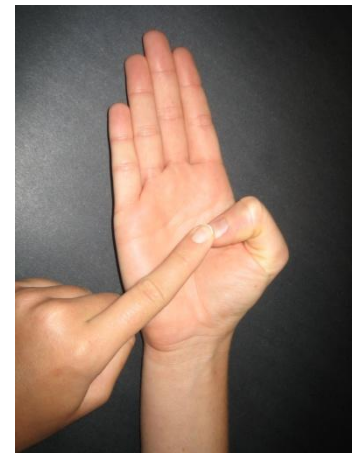
Passive IP Flexion:

Loop index finger of opposite hand under IP and gently bend IP forward with opposite thumb.



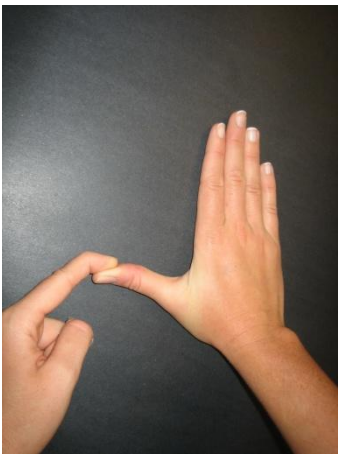
Passive MP Flexion:

Support MP joint with index finger of opposite hand and gently bend MP joint forward with the opposite thumb.



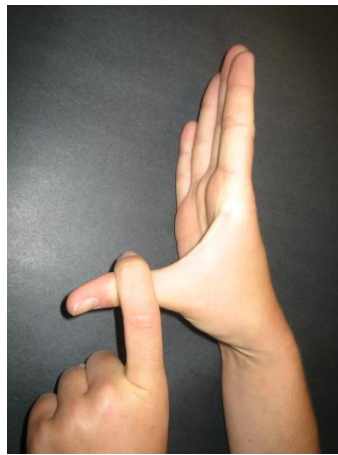
Passive Composite MP/IP Flexion:

Place opposite thumb on back of involved thumb joint and opposite index finger on the fingernail of involved thumb. Gently squeeze together.



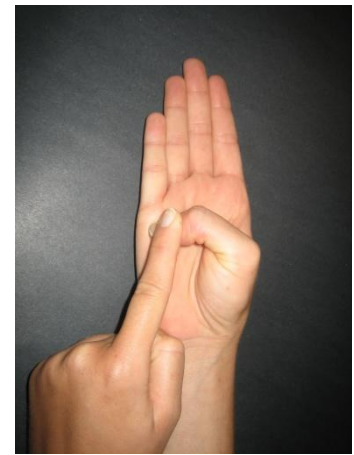
Passive Radial Abduction:

Place hand flat on table, palm down. Gently pull thumb out to side, while supporting MP joint.



Passive Opposition:

Place hand flat on table, back of hand down. While supporting the MP joint, gently pull the thumb up and away from palm to create an "L."



Passive Adduction:

Place hand flat on table, back of hand down. Gently press tip of thumb to then base of small finger.