

THUMB - 14
IP Flexion (Active Blocked)

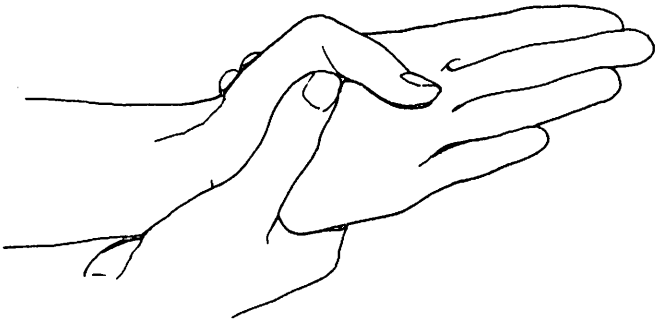
Brace thumb,
leaving tip free
to bend as
far as possible.

Repeat ____ times.
Do ____ sessions per day.



Copyright VHI 1993

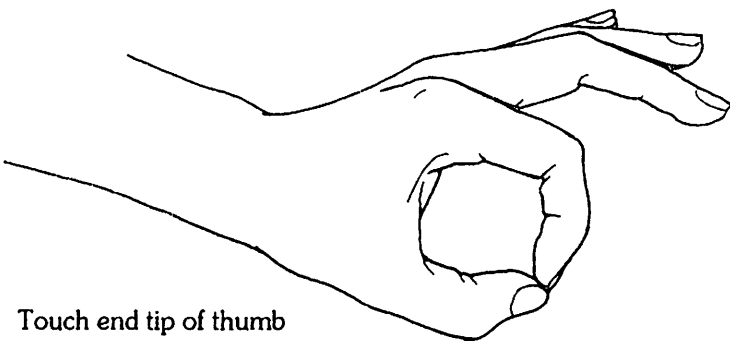
THUMB - 4
MP Flexion (Active Blocked)



Using other hand to brace base of thumb,
bend as far as possible with tip joint held straight.
Repeat ____ times. Do ____ sessions per day.

Copyright VHI 1993

THUMB - 29
Opposition (Active)



Touch end tip of thumb
to nail tip of each finger
in turn, making an "O" shape.
Repeat ____ times. Do ____ sessions per day.

Copyright VHI 1993

THUMB - 22
Composite Flexion (Active)

Bend at both
joints of thumb
as far as possible.
Try to touch base
of little finger.

Repeat ____ times.
Do ____ sessions per day.

Copyright VHI 1993

