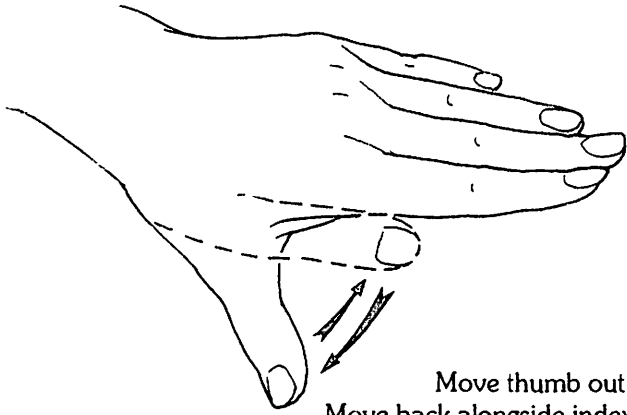


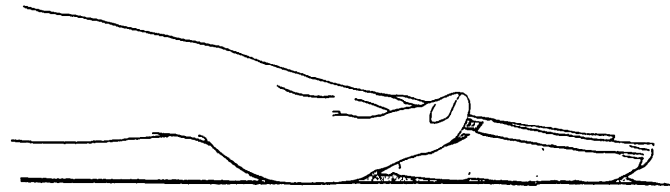
THUMB - 26
Radial Adduction / Abduction (Active)



Move thumb out to side.
Move back alongside index finger.
Repeat ____ times. Do ____ sessions per day.

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THUMB - 8
MP Extension (Active)

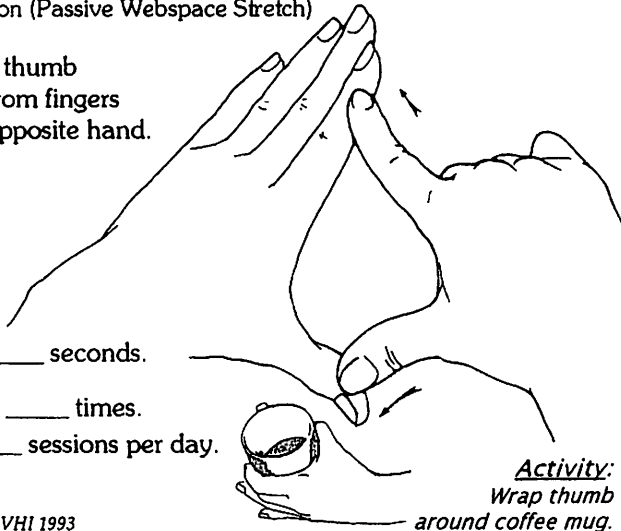


With palm on table, lift thumb up.
Hold ____ seconds. Relax and lower thumb.
Repeat ____ times. Do ____ sessions per day.

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THUMB - 25
Abduction (Passive Webspace Stretch)

Stretch thumb
away from fingers
using opposite hand.



Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

Activity:
Wrap thumb
around coffee mug.

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