

UPSWING HEALTH

Thumb UCL Injury

Note: Perform these exercises after the immobilization period and with your physician's approval.

Thumb Active Exercises

Pause and hold each of these exercises at the end of the range you are trying to achieve



1. Thumb IP blocking

Brace thumb below tip joint. Bend joint.
Repeat 8 – 10 times, 3 – 4 times per day.



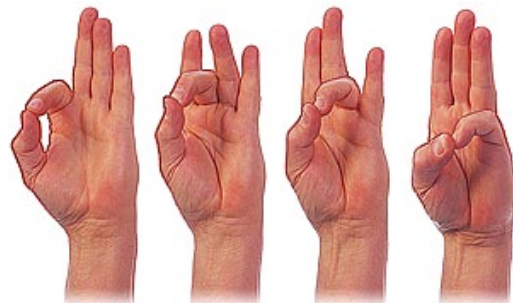
2. Thumb MP blocking

Using other hand to brace base of thumb, bend.
Repeat 8 – 10 times, 3 – 4 times per day.



3. Thumb Extension/Flexion

Bring thumb out to side away from fingers,
then bring thumb back into palm.
Repeat 8 – 10 times, 3 – 4 times per day.



4. Thumb opposition

Touch tip of thumb to tip of each finger.
Repeat 8 – 10 times, 3 – 4 times per day.

Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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5. Thumb Palmar Abduction

Bring thumb forward, away from your palm, and then back toward palm.

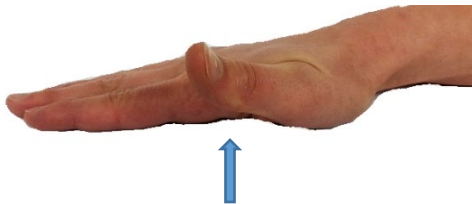
Repeat 8 – 10 times, 3 – 4 times per day.



6. Thumb Radial Abduction

Bring thumb out to the side, away from your index finger, and then back.

Repeat 8 – 10 times, 3 – 4 times per day.



7. Thumb Extension

With hand resting flat on table, lift thumb straight up towards the ceiling.

Repeat 8 – 10 times, 3 – 4 times per day.

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Thumb Putty Exercises

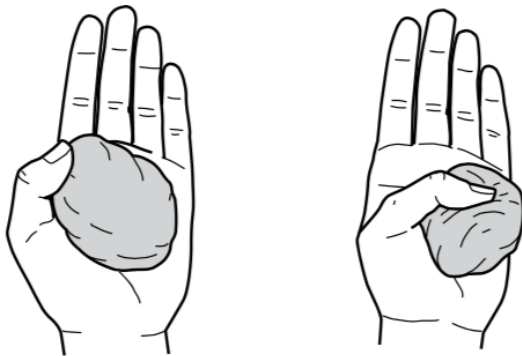
Thumb Extension

Loop the putty at the end of your thumb while it is bent. Try to straighten your thumb by pulling it upward.



Thumb Press

Push your thumb into the putty as you move the thumb toward your small finger.



Thumb Adduction

Press the putty with your thumb against the side of your index finger. Keep your fingers and thumb straight.



Repeat all exercises 6 – 8 times each, a minimum of 3 times per day.

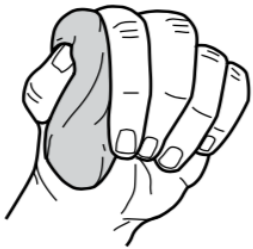
If the putty gets soft, keep in in the refrigerator.

Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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Thumb Pinch Strengthening

Squeeze the putty between your thumb and side of your index finger.



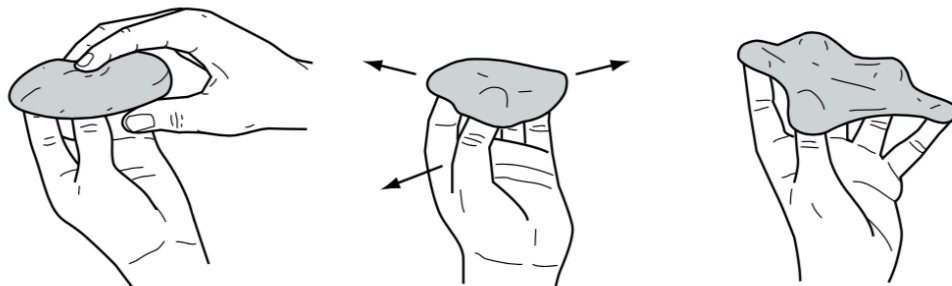
Three Jaw Chuck Pinch

Pull the putty using your thumb, index and middle fingers.



Finger Spread

Spread the putty like a pancake over your fingers and thumb. Try to spread them apart.



Repeat all exercises 6 – 8 times each, a minimum of 3 times per day.

If the putty gets soft, keep in in the refrigerator.

Discontinue exercises and consult with a medical professional if any discomfort is experienced.