

Thumb Strain

Weeks 1 and 2



Seated Thumb Composite Flexion AROM

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright with your arm resting on a table, palm up, and your thumb straight.

Movement

Bend your thumb toward the opposite corner of your hand. Then return to the starting position and repeat.

Tip

Make sure to bend all of the joints of your thumb. Keep the rest of your arm relaxed during the exercise.



Wrist AROM Flexion Extension

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin this exercise with your wrist straight.

Movement

Slowly bend your wrist back and forth.

Tip

Make sure to only move through a pain-free range of motion. Try not to let your forearm rotate as you move your wrist.



Hand AROM Composite Flexion

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

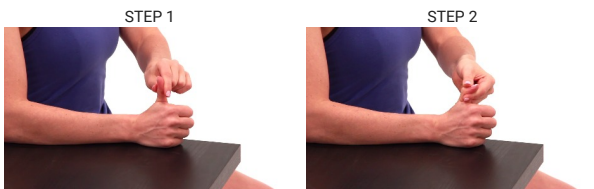
Begin sitting upright with your elbow supported on a table and your fingers and thumb straight.

Movement

Curl your hand into a full fist position, bending all of your finger joints. Hold briefly, then relax and repeat.

Tip

Make sure to move slowly and keep your wrist straight during the exercise.



Seated Thumb IP Flexion PROM

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright with your arm resting on a table, your hand in a loose fist, and your thumb straight. You should be holding the end section of your involved thumb with your other hand.

Movement

Bend the end joint of your involved thumb, using your other hand, then straighten it, and repeat.

Tip

Make sure to focus on only bending at the end joint of your thumb. Keep your involved hand relaxed during the exercise.



Thumb PROM Composite Extension

REPS: 3 | SETS: 1 | HOLD: 30 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Start with your elbow resting on the table and your hand in a highfive position.

Movement

Imagine there is a star hiding behind the webspace between your thumb and pointer finger. Gently stretch your thumb down to widen the webspace allowing the star to peek out. Hold, then relax and repeat.

Tip

Keep your wrist straight and focus on stretching out your webspace. If the tip of your thumb starts to bend backwards, try pressing closer to the base of your thumb.

STEP 1



STEP 2



Towel Roll Squeeze

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting with your forearm resting on a table, lightly gripping a rolled towel.

Movement

Gently squeeze the towel with your hand.

Tip

Make sure to keep your forearm and wrist still.

STEP 1



Seated Isometric Thumb Extension with Manual Resistance

REPS: 10 | SETS: 3 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin with your hand in a fist and your other finger on top of your thumb.

Movement

Press your thumb upward while resisting the movement with your other finger.

Tip

Make sure to keep your wrist straight. There should be no movement of your thumb in this exercise.

STEP 1



Seated Isometric Thumb Flexion

REPS: 10 | SETS: 3 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin with your palm relaxed with one finger of your other hand under your thumb.

Movement

Press your thumb downward while resisting the movement with your other finger.

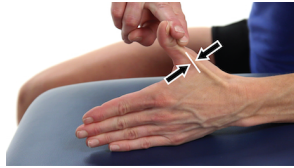
Tip

Make sure to keep your wrist straight. There should be no movement of your thumb in this exercise.

STEP 1



STEP 2



Seated Isometric Thumb Abduction

REPS: 10 | SETS: 3 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin resting your arm on a table with your elbow bent and hand straight with your thumb pointing upward.

Movement

Place two fingers on the back of your thumb. Try to bend your thumb backward while resisting the motion with your fingers.

Tip

Make sure not to move any other part of your arm during the exercise.

STEP 1



STEP 2



Seated Isometric Thumb Adduction

REPS: 10 | SETS: 3 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin resting your arm on a table with your elbow bent and hand straight with your thumb pointing upward.

Movement

Place two fingers on the front of your thumb. Try to bend your thumb forward while resisting the motion with your fingers.

Tip

Make sure not to move any other part of your arm during the exercise.

STEP 1



STEP 2



STEP 3



Standing Plank on Wall with Reaches

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position facing a wall.

Movement

Place both hands flat on the wall in front of you, then step your feet back into a plank position. Maintaining this position, slowly reach one arm straight upward, then return to the plank position and repeat out to your side. Repeat the movement with the opposite arm.

Tip

Make sure to tighten your abdominal and buttock muscles and keep your body in a straight line. Do not shrug your shoulders or let your trunk rotate during the exercise.

STEP 1



STEP 2



STEP 3



STEP 4



Thumb AROM Opposition To All Fingers

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Start with your elbow on the table. Your wrist should be straight and your fingers relaxed.

Movement

Touch the tip of your thumb to the tip of one of finger, making an "O" shape with your thumb and finger. Relax, then repeat with the next finger.

Tip

Focus on only moving your fingers. If you cannot touch your finger tips together, try to get as close as possible.

Weeks 5 and 6

STEP 1



STEP 2



Seated Thumb Extension with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin with your wrist and fingers straight with your palm facing up and a rubber band around your fingers.

Movement

Move your thumb away from your palm, then slowly return to starting position and repeat.

Tip

Make sure to keep your fingers and wrist straight throughout the movement.

STEP 1



STEP 2



STEP 3



Resisted Finger Extension and Thumb Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin this exercise with a rubber band secured around all four fingers and your thumb. Your hand should be slightly cupped.

Movement

Gently spread your fingers and thumb apart, then slowly return back to the starting position and repeat.

Tip

Make sure to keep your fingers and wrist as straight as you can during this exercise.

STEP 1



STEP 2



Seated Gripping Towel

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

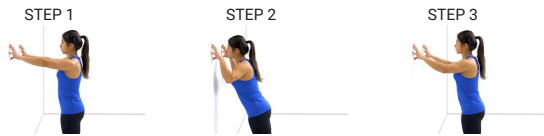
Begin sitting upright with your arm resting on a table, hand off the edge, holding a rolled towel.

Movement

Squeeze the towel, then relax and repeat.

Tip

Make sure to keep the rest of your arm relaxed during the exercise.



Wall Push Ups on Finger Tips

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing facing a wall.

Movement

Place your finger tips on the wall. Bend your elbows to lean towards the wall, then push back up to a standing position, and repeat.

Tip

Make sure to keep your elbows tucked at your sides and your body in a straight line during the exercise.

STEP 1



STEP 2



Standing Bicep Curls Neutral with Dumbbells

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position, holding a dumbbell in each hand, with your thumbs facing forward.

Movement

Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

Tip

Make sure to keep your thumbs facing forward, back straight and do not shrug your shoulders during the exercise.

Weeks 7 and 8

STEP 1



STEP 2



STEP 3



Farmer's Carry with Kettlebells

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing in a flat open space with two kettlebells on the ground at your sides. Lunge down to pick up a kettlebell in each hand.

Movement

Walk forward, keeping your stomach muscles engaged, torso upright, and shoulders down and back.

Tip

Make sure to keep your core engaged and maintain your balance as you walk. Do not shrug your shoulders or let your trunk lean forward, backward, or sideways during the exercise.

STEP 1



STEP 2



Full Plank with Shoulder Taps

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours then straighten your legs to bring yourself into a plank position.

Movement

Hold this position and lift one hand off the ground to tap your opposite shoulder. Return to starting position and repeat with your other hand.

Tip

Make sure to keep your abdominals tight and keep your back straight during the exercise. Do not let your trunk rotate.

STEP 1



STEP 2



Push Up with Trunk Rotation

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours with your hands slightly wider than shoulder width apart, then lift yourself into a plank position.

Movement

Keeping your shoulders over your hands, bend your elbows to lower your body toward the ground, then push yourself back up. At the top of the position, rotate your body into a side plank and reach one arm upward. Lower back down to the starting position, then repeat the exercise in the other direction.

Tip

Make to keep your back straight during the exercise.