



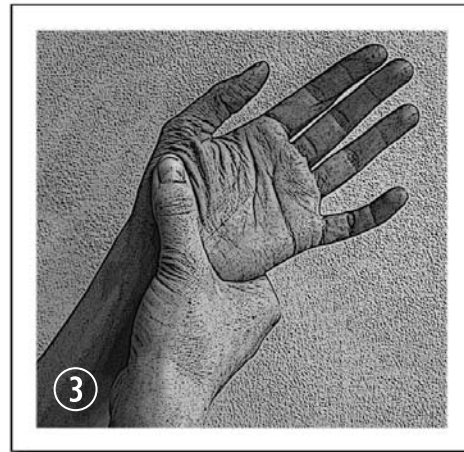
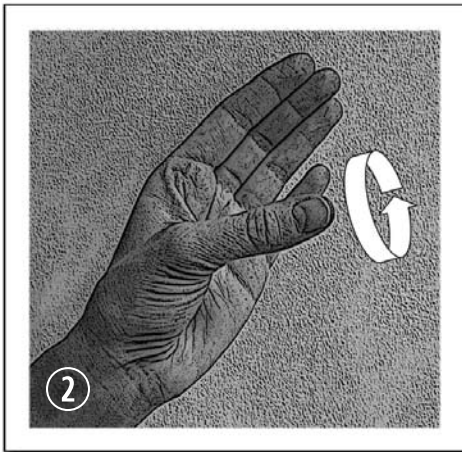
## THUMB RANGE OF MOTION

Following immobilization in a cast or splint, it will take time to regain the mobility in your thumb. meanwhile, you will have a removable splint to be worn for comfort. the splint will prevent injury from catching or bumping your thumb while it is recovering. the splint is also useful to wear if your thumb is sore or tired at the end of the day.

*The following exercises should be done for the next several weeks, until you regain full active range of motion and strength in your thumb. If you are faithful to the exercises, it will take 2—3 weeks to regain your mobility. Strengthening may take several more weeks, but improves every day. Be patient with yourself and keep up your exercises.*



1. **Tip-to-tip:** First reach with your thumb to the tip of your index finger, then work towards reaching the tips of all other fingers. Once you have achieved this, progressively work toward touching your thumb father down your fingers until you are able to touch your thumb to the base of your small finger. Do this exercise for 1 minute at a time, 3–5 times per day.



2. **Circles:** Move your entire thumb (where it connects with the wrist) in a circular motion. Begin with 30 seconds in a clockwise direction followed by 30 seconds by counterclockwise direction. Do this for 1 minute at a time, 3–5 times per day.

3. **Massage:** Using any kind of hand cream or lotion you like, deeply massage over your thumb and incision to break up scar tissue and desensitize the area. We recommend massaging for 3 minutes, 3 times a day.

4. **Pinch Strengthening:** Once you have regained full active range of motion in your thumb, you are ready to begin strengthening with therapeutty. While holding the putty between your thumb and index finger, (keep your thumb straight), squeeze the putty in a slow and continuous fashion for 5 seconds. *Avoid a series of several quick pinches!* Then ball up the putty and repeat until your thumb is fatigued or after 5 minutes, whichever comes first.