

Patient Exercise Sheet:  
**Wrist and Hand:**  
Strengthening  
Exercises *STAGE 1*

Physiotherapy



**1 Thumb Abduction Movement**

**2 Thumb Extension Movement**

**3 Isometric Thumb Abduction**

**4 Isometric Thumb Extension**

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

As a guide start with the number of prescribed repetitions and sets. You can increase or decrease based on your pain.

**Aim to complete this routine little and often throughout the day.**

## **1 Thumb Abduction Movement**



Place your palm flat on a table, palm facing down. Move your thumb away from your index finger.

**Hold 45 seconds and repeat 3 times.**

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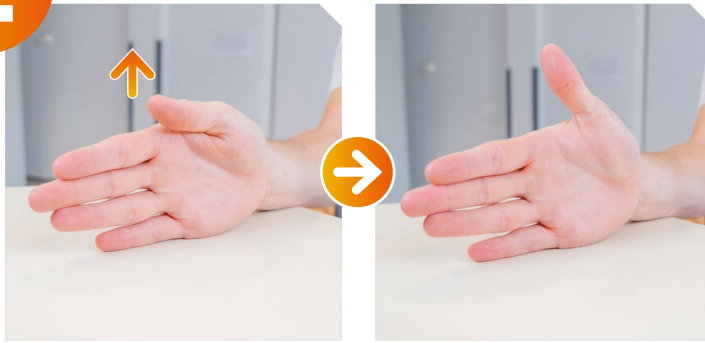
1 Thumb Abduction Movement

2 Thumb Extension Movement

3 Isometric Thumb Abduction

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## 2 Thumb Extension Movement



Place your hand onto a table as if shaking hands, so your little finger is touching the table. Lift your thumb up towards the ceiling away from your index finger.

Hold 45 seconds and repeat 3 times.

## 3 Isometric Thumb Abduction



Place your hand on a table, palm up. Bend the tip of your thumb. Use your opposite index finger to resist movement of your thumb up to the ceiling away from your index finger.

Repeat 8 repetitions. 30 seconds rest. Repeat 3 sets.

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1 Thumb Abduction Movement

2 Thumb Extension Movement

3 Isometric Thumb Abduction

4 **Isometric Thumb Extension**

## 4 Isometric Thumb Extension



Place your hand on a table, palm up. Bend the tip of your thumb. Use your opposite index finger to resist movement of your thumb out to the side away from your index finger.

Repeat 8 repetitions. 30 seconds rest. Repeat 3 sets.