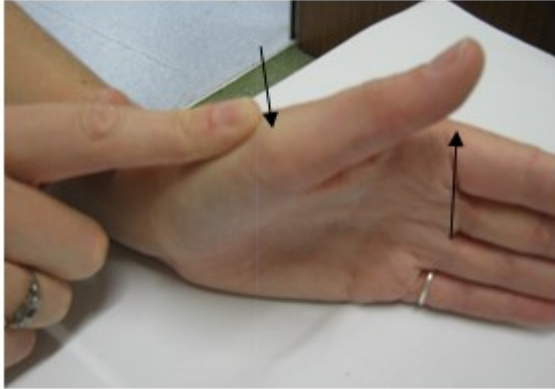
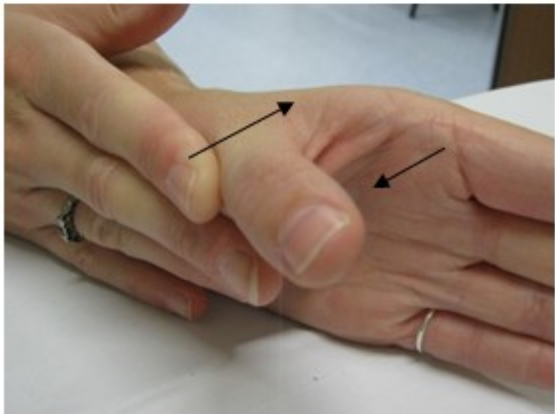


Isometric Thumb Exercises

Hand Therapy



- Rest your hand on its side.
- Extend your thumb back like giving a 'thumbs up'.
- Then resist with your other hand just below the big knuckle.



- Rest your hand on its side.
- Bring your thumb out to the side to make an 'L' shape.
- Then resist with your other hand just below the big knuckle.



- Rest your hand on its side.
- Bend the tip of your thumb.
- Then resist the tip with your other hand on the palm side.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Department: Hand Therapy Department

Version: 1

Published: April 2023

Review: April 2025

Please complete		Times a day
Holding each position		Seconds
Repeat		Times

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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