

# Resistive Thumb Exercises

## Hand Therapy



- Rest your hand on its side.
- Place the band above the knuckle on the base of your thumb and hold with your other hand.
- Pulling against the band, lift your thumb up and back.



- Rest your hand on its side.
- Place the band above the knuckle on the base of your thumb and hold with your other hand.
- Pulling against the band, stretch your thumb out to the side.



- Rest your hand on its side.
- Place the band above the knuckle on the base of your thumb and hold with your other hand.
- Pulling against the band, bend your thumb down towards the base of your little finger.

## 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](mailto: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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**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.**



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

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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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