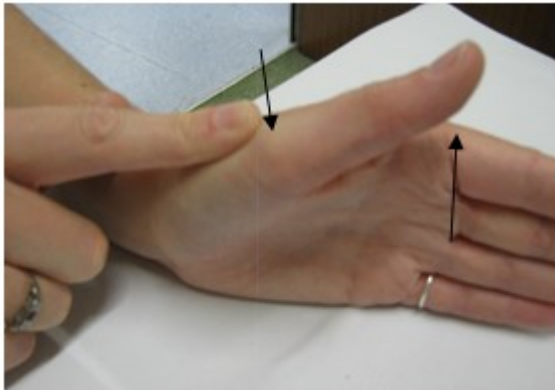
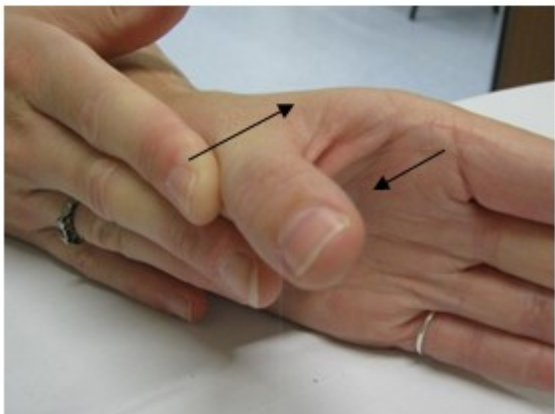


Isometric Thumb Exercises

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

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Please complete		Times a day
Holding each positon		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.



You can use Text Relay to turn telephone communications into text. Use the Relay UK app on your phone, tablet or PC. You can also use Relay UK via Minicom or Uniphone.

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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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