

Passive Thumb Flexion

Hand Therapy



- Rest your hand on its side.
- Gently push on the back of the base of your thumb, hold when you feel a stretch.

- Rest your hand on its side.
- Hold when your feel the stretch as requested.



- Rest your hand on its side.
- Reach the tip of your thumb to the base of your little finger.
- Then gently push the tip of your thumb with your other hand, hold when you feel a stretch.

Please complete		Times a day
Holding each positon		Seconds
Repeat		Times

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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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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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
 ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮہ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪاً ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ فون کرو: 01932 723553
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں
 Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
 यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553
 Jeżeli chcemy, aby te informacje w innym języku,
 proszę zadzwonić 01932 723553

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