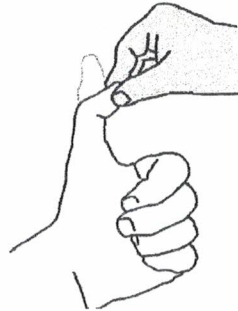


Occupational Therapy TOOLKIT

Hand Stretching and Active ROM

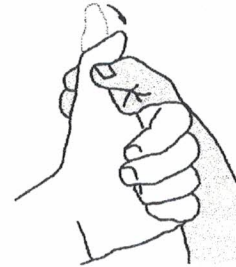
Stretching

Active ROM



- Thumb IP Flexion/Extension**
Hold the tip of the thumb. Bend the first (IP) joint. Hold 5 seconds. Straighten the first (IP) joint. Hold the stretch for 5 seconds.

Repeat up to 5 times.



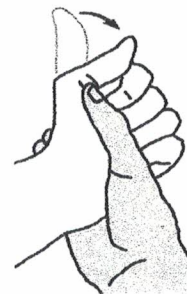
- Thumb IP Flexion/Extension**
Support the thumb below the first (IP) joint. Actively bend and straighten the first joint.

Repeat up to 5 times.



- Thumb MP Flexion/Extension**
Hold the thumb at the first (IP) joint. Bend the middle (MP) joint. Hold 5 seconds. Straighten the middle (MP) joint. Hold the stretch for 5 seconds.

Repeat up to 5 times.



- Thumb MP Flexion/Extension**
Support the thumb below the middle (MP) joint. Actively bend and straighten the middle (MP) joint.

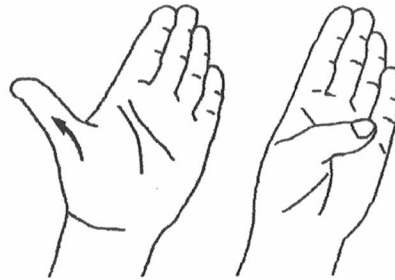
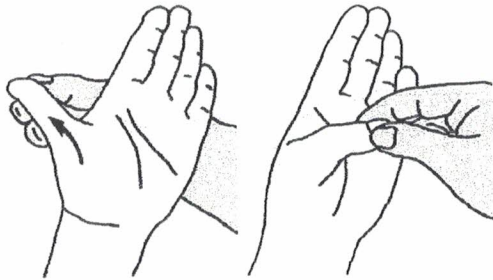
Repeat up to 5 times.

Occupational Therapy TOOLKIT

Hand Stretching and Active ROM

Stretching

Active ROM

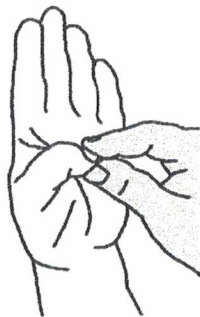


- Thumb CM Extension/Flexion**
Hold the thumb. Bend the (CM) joint at the base of the thumb. Hold 5 seconds. Extend the (CM) joint. Hold the stretch for 5 seconds.

- Thumb CM Extension/Flexion**
Actively bend and straighten the base (CM) joint.

Repeat up to 5 times.

Repeat up to 5 times.



- Combined Thumb Flexion**
Hold the thumb. Bend the thumb so the tip is touching the palm. Hold the stretch for 5 seconds.

- Combined Thumb Flexion**
Actively bend the thumb so the tip is touching the palm. Hold 5 seconds.

Repeat up to 5 times.

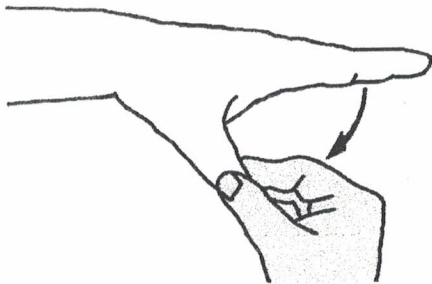
Repeat up to 5 times.

Occupational Therapy TOOLKIT

Hand Stretching and Active ROM

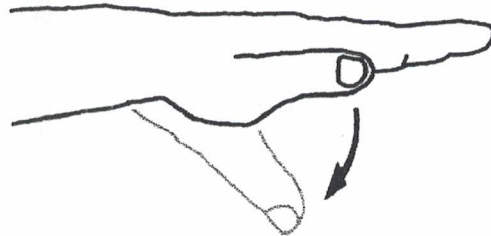
Stretching

Active ROM



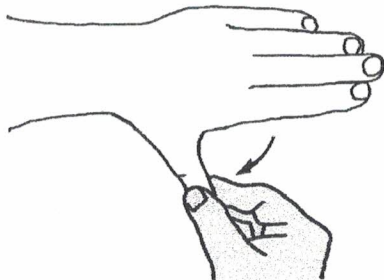
- Thumb CM Palmar Abduction**
Place your hand on the end of the table with your thumb over the side. Stretch your thumb downward, pointing to the floor. Hold the stretch for 5 seconds.

Repeat up to 5 times.



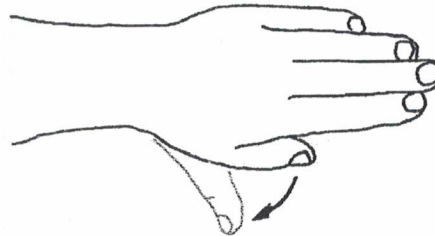
- Thumb CM Palmar Abduction**
Place your hand on the end of the table with your thumb over the side. Actively move your thumb downward, pointing to the floor.

Repeat up to 5 times.



- Thumb CM Radial Abduction**
Place your hand flat on the table. Stretch the thumb away from your hand. Hold the stretch for 5 seconds.

Repeat up to 5 times.



- Thumb CM Radial Abduction**
Place your hand flat on the table. Actively move the thumb away from your hand.

Repeat up to 5 times.