



REHABILITATION

Thumb Exercises

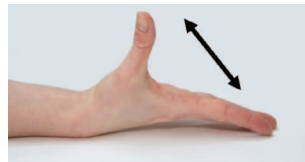
Sequence to be completed at least 10 times every 2 hours during the day.

Hold each position for 5 - 10 seconds.

Continue until normal motion has returned.

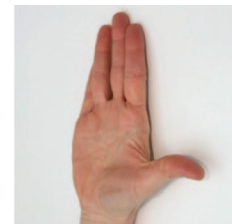
Abduction/Adduction

Move the thumb to and from the palm in line with the index finger. If this is stiff use the other hand to exert a gentle stretch in each direction



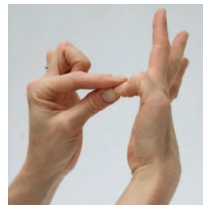
Flexion/Extension

Move the thumb away from and across the palm. If this is stiff use the other hand to exert a gentle stretch in each direction.



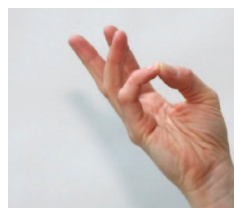
Tip Flexion/Extension

Move the end of the thumb back and forth. If this is stiff use the other hand to exert a gentle stretch in each direction.



Opposition

Touch the tip of each finger in turn with the tip of the thumb then move the tip of the thumb down the length of the little finger to its base.



Circumduction

Move the thumb around in a big circle in each direction.

Scar Management (if you have had surgery)

Once the wound is fully healed, you can commence strategies to reduce the redness and sensitivity of your surgical scar.

Scar Massage

Apply deep circular massage with firm pressure 5 times daily for 5 minutes to the scar and surrounding area.

You may use a non-scented moisturiser to help with this and to soften the skin.

Scar Desensitisation

Lightly tap/stroke to the scar for 30 seconds, 5 times daily.