



a. Thumb Flexion Stretch Seated

[Video Link Seated](#)

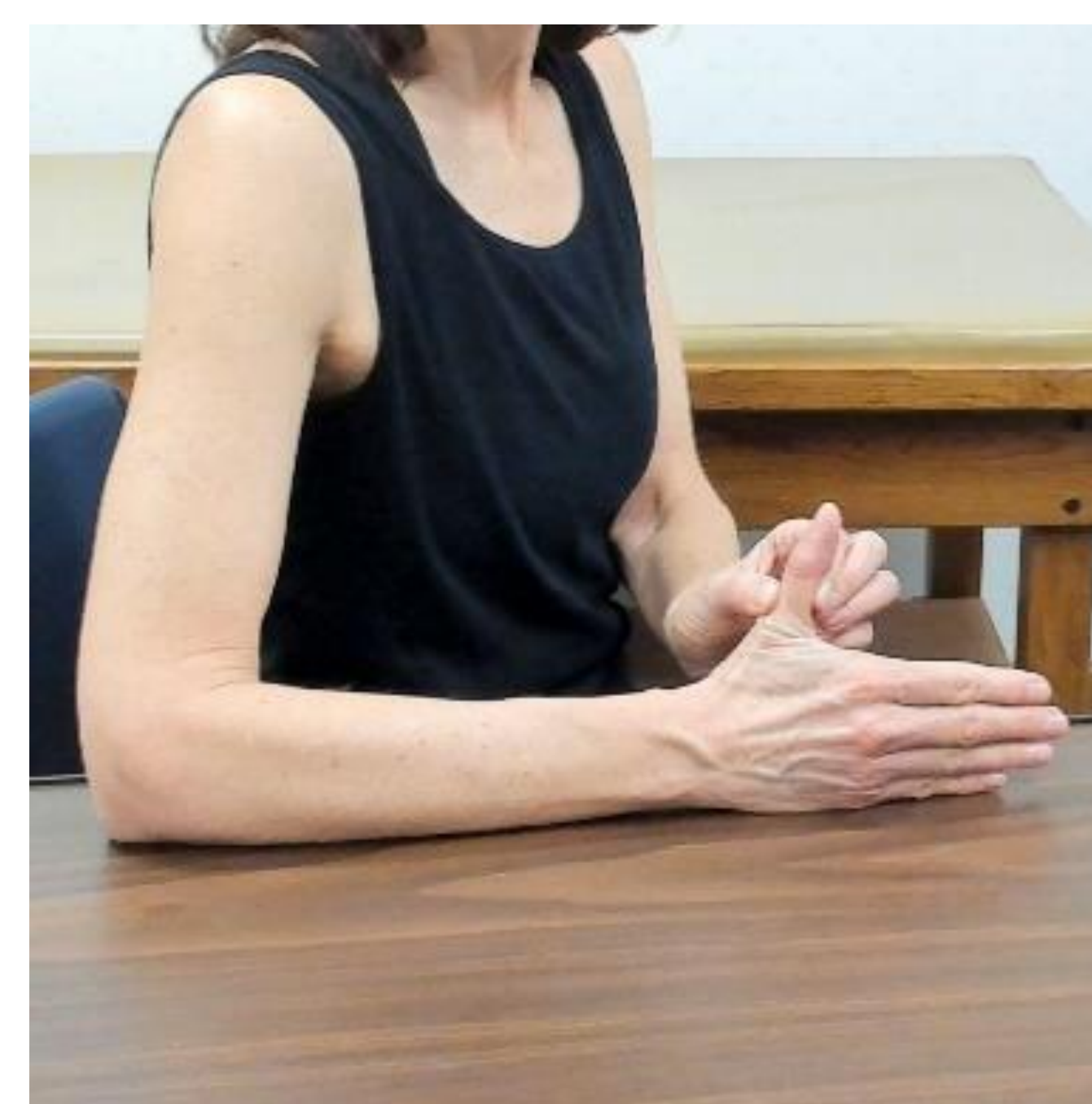
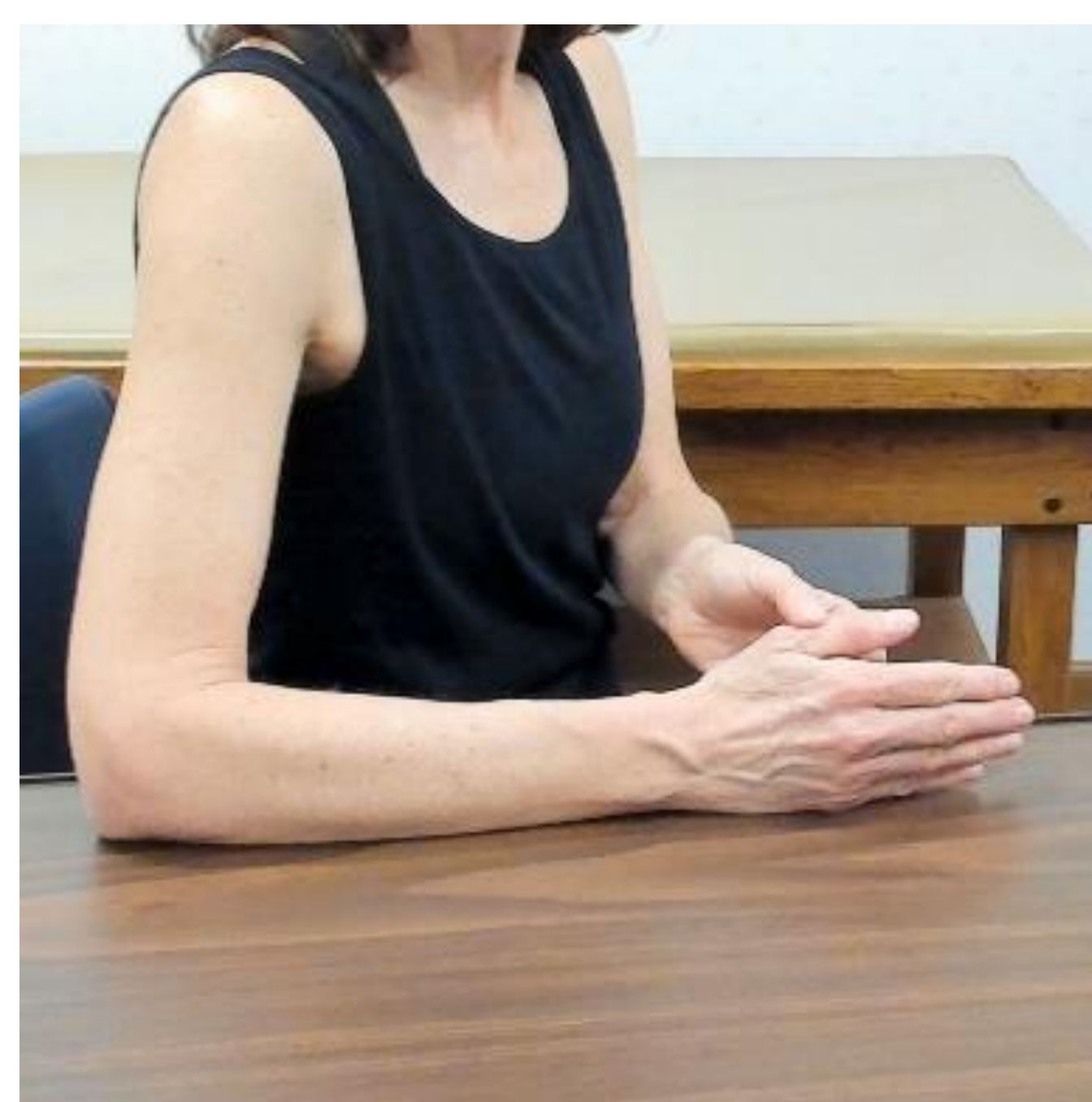
Begin sitting upright with your arm resting on a table at your side and your fingers and wrists straight. Use your uninvolved hand. Bend your thumb toward the palm. Then return it to the starting position and repeat. Make sure to bend both joints of your thumb during the exercise.



b. Thumb Extension Stretch Seated

[Video Link Seated](#)

Begin sitting upright with your arm resting on a table and your hand in a loose fist. You should be holding the base section of your involved thumb between the thumb and middle finger of your other hand, with your index finger under the end of your thumb. Use your fingers of your other hand to bend both joints of your thumb backward, then return to the starting position and repeat. Make sure to keep your involved thumb relaxed. The movement should come from your other hand.



c. Thumb Active Motion Seated

[Video Link Seated](#)

Begin sitting upright with your arm resting on a table at your side, palm up, and your thumb bent toward the opposite corner of your hand. Straighten your thumb as far as is comfortable, then return to the starting position and repeat. Make sure to keep the rest of your arm and hand relaxed during the exercise.

