Burn Care Exercise Program  
Thumb Active Range of Motion

Instructions
✓ Do these exercises at least 4 times per day or as directed by your therapist.
✓ Do 10 repetitions of each stretch.
✓ Hold each stretch for 20-30 seconds.

Flexion and extension:
• Move your thumb across your palm as far as you can.
• Move your thumb out into a “Thumbs up” position.

Abduction and adduction:
• Start with your palm up, move your thumb away from your palm so that your thumb is pointed at the ceiling.
• Move your thumb back to touch your palm, with your thumb in line with your index finger.

Opposition
• Move your thumb and touch the tip of each finger.

What are your questions? Please ask.
Therapist: __________________________
Phone: __________________________

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