

Burn Care Exercise Program

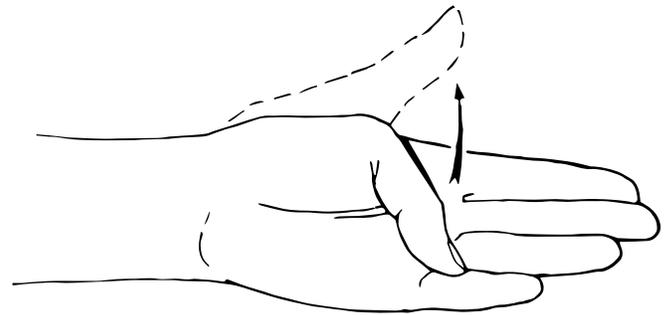
Thumb Active Range of Motion

Instructions

- ✓ Do these exercises at least 4 times a day or as directed by your therapist.
- ✓ Repeat each stretch 10 times.
- ✓ Hold each stretch for 20 to 30 seconds.

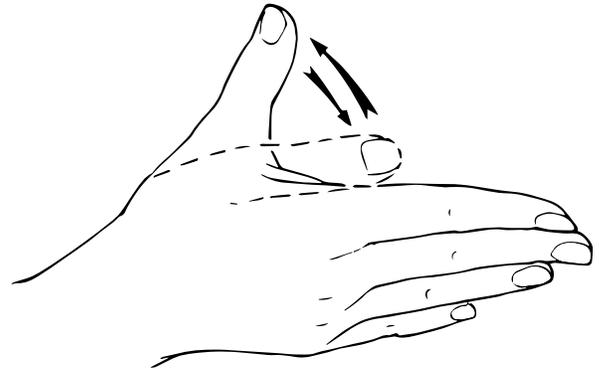
Flexion and extension:

- Move your thumb across your palm as far as you can.
- Move your thumb out into a “thumbs up” position.



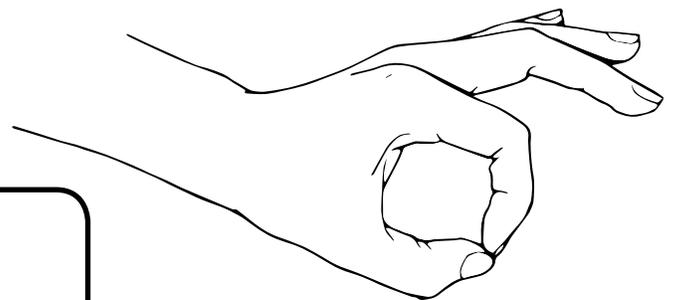
Abduction and adduction:

- 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: _____

*Prepared by: Rehabilitation Services
Designed by: NSHA Library Services*