

THUMB EXERCISES

ISOLATED THUMB MOVEMENTS



Bend the tip, supporting joint below



Bend the middle joint



Stretch web space

COMBINED THUMB MOVEMENTS



Touch thumb to index finger tip



Touch thumb to middle finger



Touch thumb to ring finger



Touch thumb to little finger

EXERCISES FOR MOTOR CONTROL



Slide thumb down little finger to reach palm



Keep thumb stiff as you apply pressure from different directions



Pinch and stretch putty



Practice tearing paper, keeping thumb in good alignment

MORE THUMB EXERCISES



Practice shuffling cards



Practice using chopsticks



Trace line on tennis ball



Practice tracing shapes accurately