Notes:

1 **Thumb rolling active ROM**  
   Sets: 1  
   Reps: 20+  
   Freq: 1x/day

Interlace your fingers together and roll your thumbs in both directions.  
Be sure to make the movements slow, deliberate and controlled.

2 **Thumb/finger opposition**  
   Sets: 1  
   Reps: 20+  
   Freq: 1x/day

Sit up straight in front of a table with your arms resting comfortably on it.  
Touch the tip of each of your fingers with the tip of your thumb.  
To progress, squeeze open a clothespin between the tips of each of your other fingers.
3 Fingers ext./abd., elastic - Sets: 1 Reps: 20+ Freq: 1x/day

Split your fingers and thumb apart against the elastic without bending them. This can be performed with a rubber band or hair tie.

4 Finger/thumb extension - Sets: 1 Reps: 20+ Freq: 1x/day

Place a small elastic around the outside of your thumb and index finger and pull these two fingers away from each other. Repeat with your thumb and the other fingers. To progress, repeat with a thicker elastic.
5 **Thumb Extension** · Sets: 1 Reps: 20+ Freq: 1x/day

Place an elastic band around your thumb and fingers. Pull thumb sideways against the elastic. This can be performed with a rubber band or hair tie.

6 **Thumb IP extension** · Sets: 1 Reps: 20+ Freq: 1x/day

Wrap a rubber band around the fingers and loop it around the tip of the thumb. Lift your thumb into the starting position and extend only the tip against the resistance of the band. Lower the thumb slowly and repeat the exercise.
7 Eccentric thumb extension · Sets: 1 Reps: 20+ Freq: 1x/day

If the previous exercise is too difficult this is a great substitute!
Place an elastic band around your thumb and fingers.
Use your free hand to move the thumb sideways away from the hand passively.
Return slowly to the starting position against the resistance of the band to load only the eccentric portion of the movement.

8 Thumb abduction with rubber band · Sets: 1 Reps: 20+ Freq: 1x/day

Wrap a rubber band around the fingers and loop it around the tip of the thumb.
Start with your palm facing up and then lift your thumb directly above your hand without opening it.
Lower the thumb and repeat the exercise.
**9 Full grip, putty** · Sets: 1 Reps: 20+ Freq: 1x/day

Make a fist with your fingers and thumb as you squeeze the putty. Repeat or hold as directed. A rolled-up sock can be used in place of putty.

**10 Thumb opposition, putty** · Sets: 1 Reps: 20+ Freq: 1x/day

Pinch the putty between your thumb and fingers and roll the putty with 2 fingers. A rolled-up sock can be used in place of putty.
11 Finger pinch w/ putty  · Sets: 1 Reps: 20+ Freq: 1x/da

Pinch the putty separately between each finger and the thumb. Repeat or hold as directed. A rolled-up sock can be used in place of putty.

12 Thumb press w/ putty  · Sets: 1 Reps: 20+ Freq: 1x/day

With the putty in the palm of your hand, push the thumb into the putty toward the small finger. Reshape if needed and repeat. A rolled-up sock can be used in place of putty.
**Dexterity with balls**  
Sets: 1  Reps: 20+  Freq: 1x/da

Hold two small balls (golf balls) in your hand and move them in a circular motion, using only your fingers and thumb to rotate the balls.  
Do the movement clockwise and anti-clockwise.