



#### Thumb opposition stretch

Injured thumb pointed towards the little finger, with opposite hand put thumb on big joint and index finger on the last part of thumb, slowly bend the injured thumb towards the little finger.

Repeat 3 Times  
Hold 30 Seconds  
Complete 3 Sets  
Perform 6 Time(s) a Day



#### strengthening with ball for thumb press(flexion)

holding the ball in your hand, press your thumb into the ball, moving your thumb towards the base of the small finger.

repeat 20-30 times  
1-3 times a day

Repeat 3 Times  
Hold 20 Seconds  
Complete 3 Sets



#### WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 3 Times  
Hold 30 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



### WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 3 Times  
Hold 30 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day



### WRIST CURLS - RADIAL DEVIATION - THIGH

Rest your forearm on your thigh and bend your wrist up and down with your wrist in a neutral position as shown.

Repeat 10 Times  
Hold 3 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day