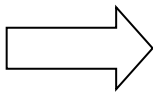
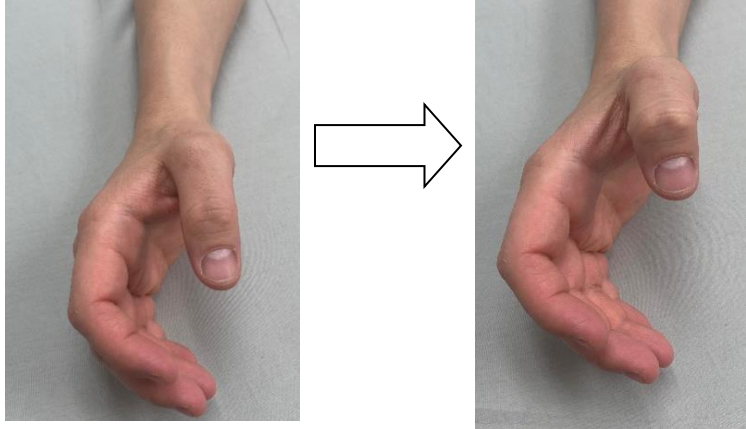
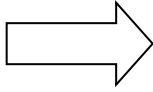
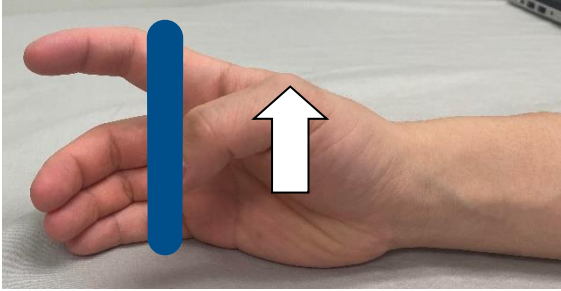

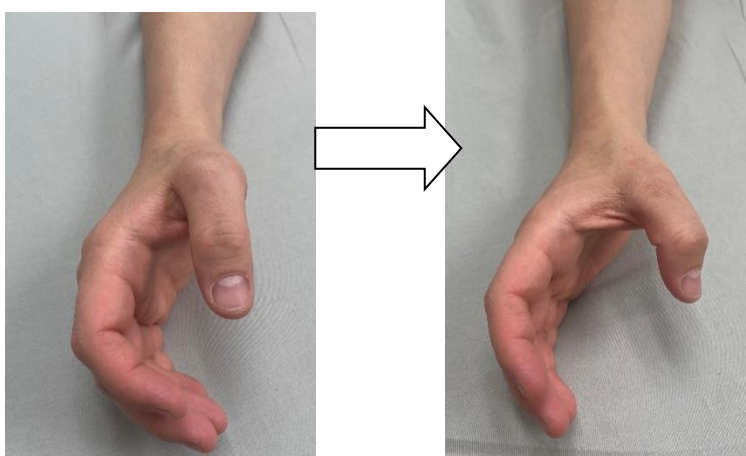


## **Initial Thumb Motion Exercises**

**\*These exercises were selected to keep at-risk muscle groups tone and active.**

- Work within your limits
- Stop if you have pain, fatigue, or are losing control of the direction

|   |  |
|---|--|
| <p><b>Rep Pace:</b><br/><b>Engage the muscles and return at half the speed.</b></p> <p><b>2 sets of 10-15 maximum of 3 sets</b></p> <p><b>Keep 2 fingers width space in between the thumb &amp; index finger</b> </p>                                | <p><b>Thumb Lifts</b><br/><i>10x 2 x/ day</i></p>          |
| <p><b>Look for the muscle bulge</b> </p> <p><b>Lowering the placement of the rubber band isolates the muscles, thus making it harder.</b></p>   | <p><b>Index Finger Lifts</b><br/><i>10x 2 x/ day</i></p>  |
| <p><b>Thumb to Finger O's to Open Five</b><br/><b>Focus on "micro-movements" with each finger moving slow &amp; deliberate</b></p>  | <p><b>Thumb Glides</b><br/><i>10x 2 x/ day</i></p>       |

\*\*\* This is a customized plan issued under medical supervision \*\*\*

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