

Congenital Hand Anomalies - Clasp Thumb



Occupational Therapy Department
The Royal Children's Hospital,
Melbourne, 2014

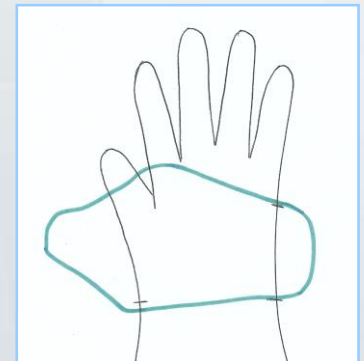
Clasp Thumb

What is it?

- Deficient thumb extensor mechanism resulting in a flexed and adducted thumb in infancy. Generally bilateral.

Goals of therapy

- Correction of any contracture/tightening of 1st web space
- Prevent excessive lengthening of weak extensor tendons
- Strengthen weak extensor tendons
- Enable functional gripping and pinching with thumb
- Commence splinting as early as possible



Clasp Thumb

Therapeutic play

- Thumbs up
- Open shut them
- Marbles
- Thumb war
- Grasping blocks & larger items e.g. ball
- Grasping cylindrical objects such as hammer, wand, bottle
- Scissors (older kids)



*See “Splinting - An adjunct in the management of upper limb hypertonicity” for more information on splinting timeframes

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With thanks to Tanya Cole and Josie
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