Congenital Hand Anomalies
- Clasp Thumb

Occupational Therapy Department
The Royal Children’s Hospital,
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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
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**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*
Occupational Therapy Department
The Royal Children’s Hospital
Flemington Road
Parkville 3052
Phone (03) 9345 9300

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