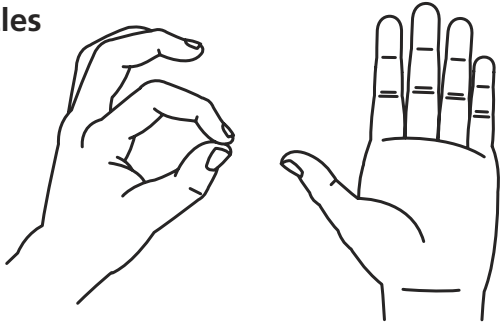
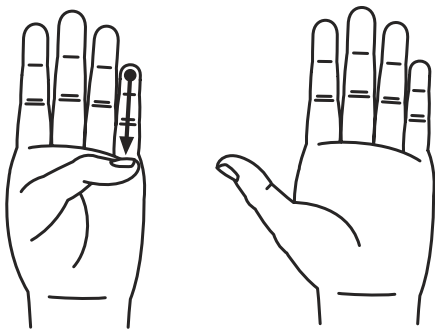


### 1. Circles



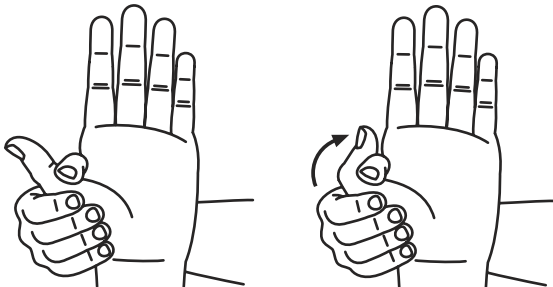
- ▶ Touch your thumb to your first finger tip and make a circle.
- ▶ Then stretch your thumb out to the side.
- ▶ Repeat for each finger.
- ▶ Repeat        times.

### 2. Slides



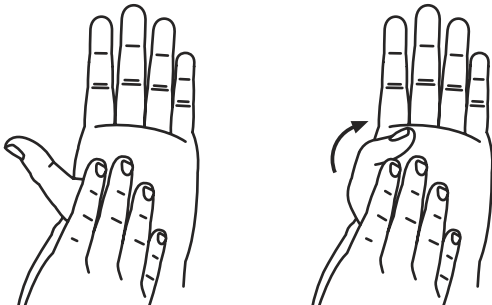
- ▶ Touch the tip of your little finger and slide your thumb down to the base of that finger.
- ▶ Then stretch your thumb out to the side.
- ▶ Repeat        times.

### 3. Thumb tip bends



- ▶ Hold the middle of your thumb just below the top crease.
- ▶ Bend your thumb tip down.
- ▶ Hold for        seconds.
- ▶ Then straighten your thumb tip.
- ▶ Repeat        times.

### 4. Thumb bends



- ▶ Hold the base of your thumb firmly.
- ▶ Bend your thumb down.
- ▶ Hold for        seconds.
- ▶ Then straighten your thumb.
- ▶ Repeat        times.

Name of Therapist:

Phone:

Please contact your occupational therapist if you have any queries about the above information.