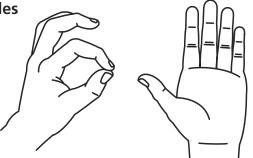
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## Occupational Therapy – Kids health information

## Thumb exercises



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

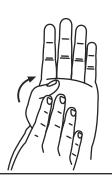




- ▶ Hold the middle of your thumb just below the top crease.
- ▶ Bend your thumb tip down.
- ▶ Hold for seconds.
- ▶ Then straighten your thumb tip.
- Repeat times.

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.