



Thumb and Hand Stretch

The purpose of this gentle stretch is to reduce the tightness in the thumb, palm, and other parts of the hand. Position affected hand on leg as shown. Using the base of the palm of the non-affected hand, put very gentle pressure into the base of the thumb and lightly traction toward the tip of the affected thumb. You only need to use pressure that feels like you are stretching the skin. Do not slide; allow the friction between your two hands to create a gentle line of pull. You are looking to either connect with your pain in a very mild fashion, or reduce/eliminate the pain. Either sensation is what you are seeking as feedback during the stretch. Hold for 3-5 minutes, or as directed by your therapist. You may use the non-skid pad, if directed to do so by your therapist.

Disclaimer: The information provided above is intended for use in conjunction with a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.

Copyright 2012 by Walt Fritz, PT and MyofascialResource.com