



Artistic ADVANTAGE

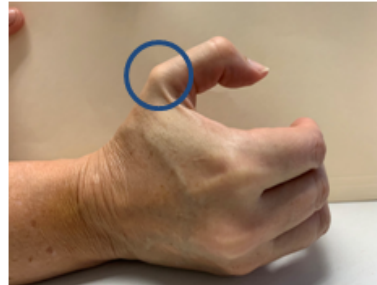
PERSONALIZED HAND THERAPY | PERFORMING ARTS MEDICINE

Dynamic Stabilization Exercises for the Thumb

These exercises were selected to keep at-risk muscle groups toned and active.
Work within your limits. Stop if you have pain, fatigue, or lose control.

Thumb Lifts

- 1) Begin in neutral wrist - position thumb + index two fingers width apart for both exercises



Pull Up + Back (see above)

- 2) Lift index finger up with slight curve + away from middle finger

Index Finger Lifts

