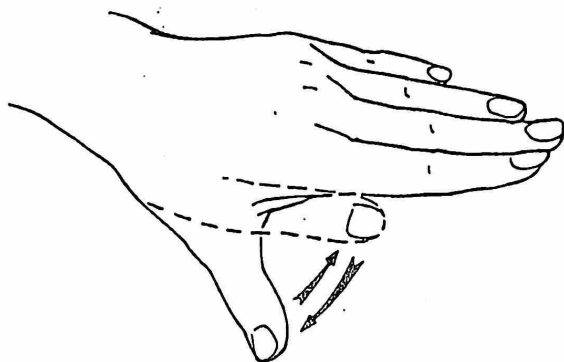


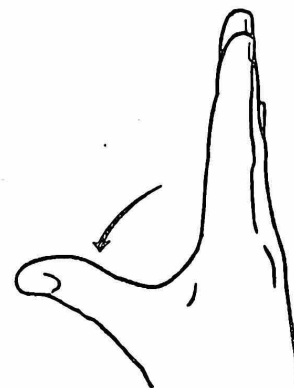
THUMB - 26 Radial Adduction/Abduction (Active)



Move thumb out to side. Move back alongside index finger.
Repeat _____ times. Do _____ sessions per day.

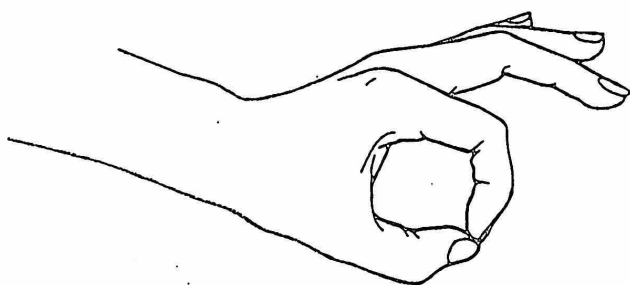
HAND - 10 AROM: Thumb Abduction / Adduction

Actively pull right thumb away from palm as far as possible. Hold _____ seconds. Then bring thumb back to touch fingers. Try not to bend fingers toward thumb.



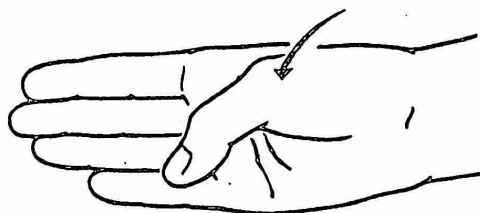
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

THUMB - 29 Opposition (Active)



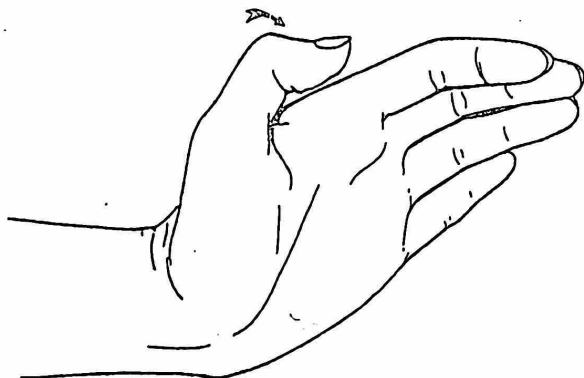
Touch tip of thumb to nail tip of each finger in turn, making an "O" shape.
Repeat _____ times. Do _____ sessions per day.

HAND - 9 AROM: Thumb Flexion / Extension



Actively bend right thumb across palm as far as possible. Hold _____ seconds. Relax. Then pull thumb back into hitchhike position.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

THUMB - 13 IP Flexion (Active)



Bend tip of thumb down as far as possible.
Repeat _____ times. Do _____ sessions per day.