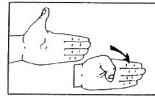


My Thumb Hurts after Skiing -- Should I go to the Doctor?

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Thumb Flexion:

Rest your hand on comfortable surface.



Keep the palm open, fingers straight (extended), and Wrist in neutral position.

Gradually bring the thumb inwards, hold for 5 seconds, and bring it back to the starting position.

Repeat it 2 sets of 15 reps.

Thumb Abduction:

- Rest your hand on comfortable surface.
- Keep the palm open, fingers straight (extended), and Wrist in neutral position.
- Bring the thumb outwards, away from the other fingers.
- Hold for 5 seconds and release.
- Repeat it for 2 sets of 15 times.



Thumb strengthening exercises:



- Rest your hand on comfortable surface.
- Keep the palm open, fingers straight (extended), and Wrist in neutral position.
- Apply a rubber band on your fingers.
- Stretch the rubber band out wards as you are trying to open the palm.
- Hold for 5 seconds and release.
- Perform it for 2 sets of 15 reps.

Different color rubber band provide different resistance.

Thumb strengthening exercises:



- Rest your hand on comfortable surface.
- Keep the palm open, fingers straight (extended), and Wrist in neutral position.
- Use a thera putty to squeeze it as hard as you can in pain free range.
- Hold it for 5 seconds and release.
- Repeat 2 sets of 15.

Different color thera putties provide different resistance.

Grasp strengthening exercise:



- Rest your hand on comfortable surface.
- Keep the palm open, fingers straight (extended), and Wrist in neutral position, keep the ball in the palm.
- Gradually, squeeze the ball. Hold it for 5 seconds and release.
- Repeat 2 sets of 15 times.

Grasp strengthening exercise:

- Rest your hand on comfortable surface.
- Keep the palm open, fingers straight (extended), and Wrist in neutral position.
- Bring a clothespin, a piece of rubber as shown in the figure.
- Slowly squeeze the rubber between your thumb and index finger. Hold for 5 seconds and release.
- Repeat for 2 sets of 15 times.

