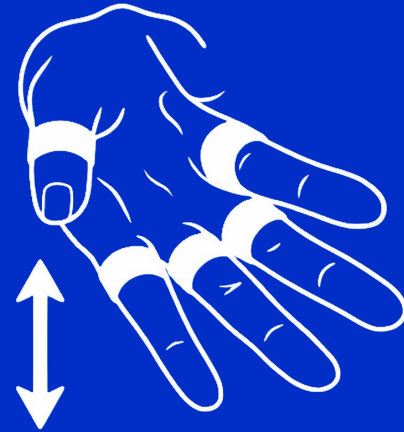




## 2. THUMB EXTENSIONS



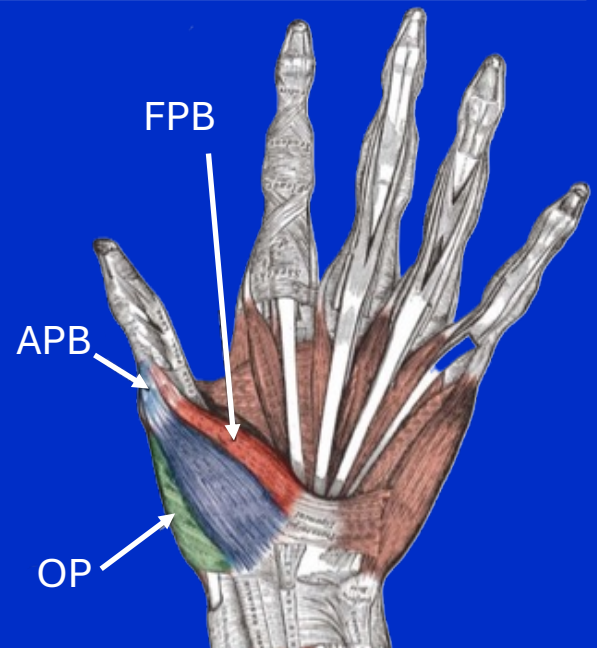
- Extend D1 upward to full range of motion. Hold. Reverse.
- Flex D1 downward to full range = 1 rep
- 10 reps = 1 set / Perform 3 sets

### MUSCLES ACTIVATED

- Flexor Pollicis Brevis – FPB
- Abductor Pollicis Brevis – APB
- Opponens Pollicis – OP

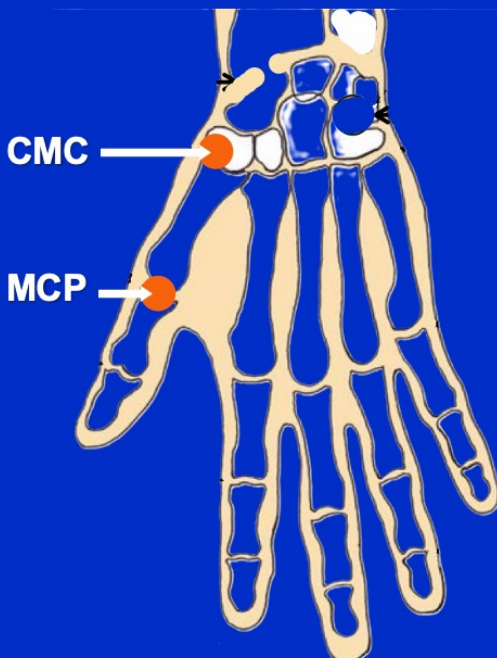
### JOINTS ENGAGED

- MCP : Metacarpophalangeal
- CMC : Carpometacarpal



### THENAR EMINENCE

- Dynamic Stretch .1
- THUMB EXTENSIONS** .2
- Thumb Rotations .3
- Finger Extensions .4
- Finger Laterals .5
- Finger Rotations .6
- MCP 90° .7
- Fist-To-Claw .8
- Wrist Extensions .9
- Wrist Rotations .10



### JOINTS OF THE THUMB