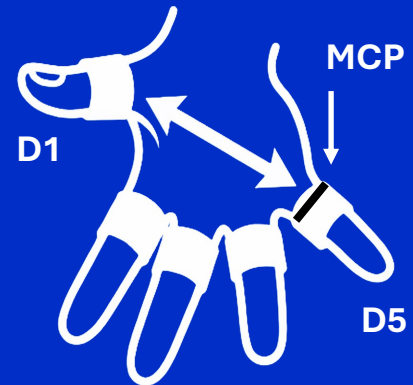
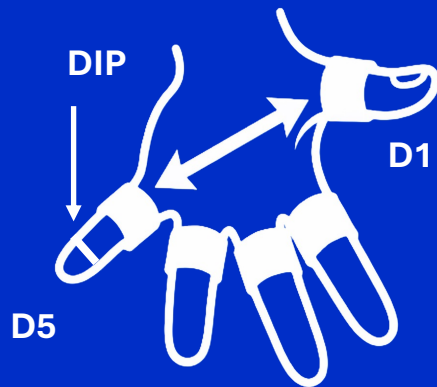




1. DYNAMIC STRETCH



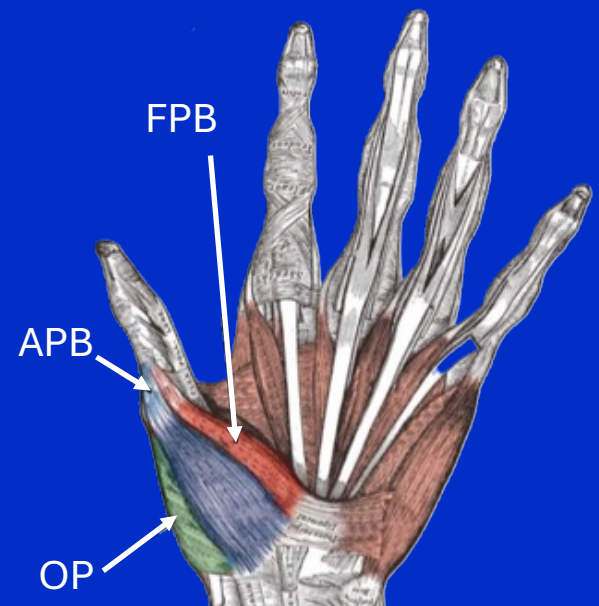
- Stretch D1 to D5 DIP joint. Hold. Extend D1 to full range
- Stretch D1 to D5 MCP joint. Hold. Extend D1 to full range = 1 rep
- 10 reps = 1 set / Perform 3 sets

MUSCLES ACTIVATED

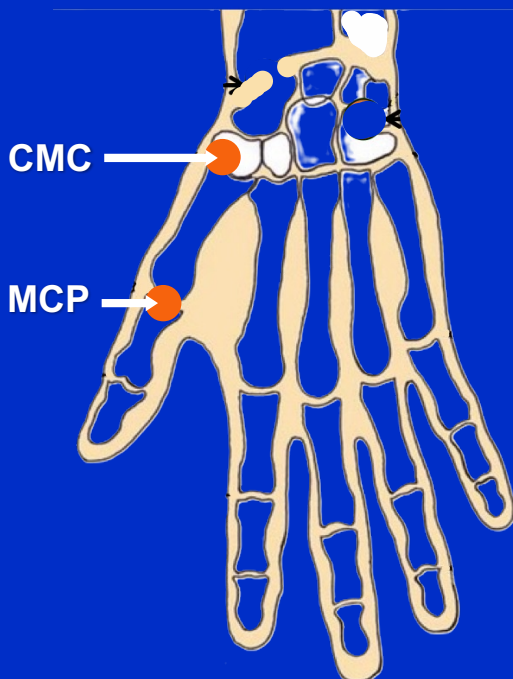
- Flexor Pollicis Brevis – FPB
- Abductor Pollicis Brevis – APB
- Opponens Pollicis – OP

JOINTS ENGAGED

- CMC : Carpometacarpal
- MCP : Metacarpophalangeal



THENAR EMINENCE



JOINTS OF THE THUMB

DYNAMIC STRETCH .1

- Thumb Extensions .2
- Thumb Rotations .3
- Finger Extensions .4
- Finger Laterals .5
- Finger Rotations .6
- MCP 90° .7
- Fist-To-Claws .8
- Wrist Extensions .9
- Wrist Rotations .10

10 EXERCISE PROGRAM