



3. THUMB ROTATIONS



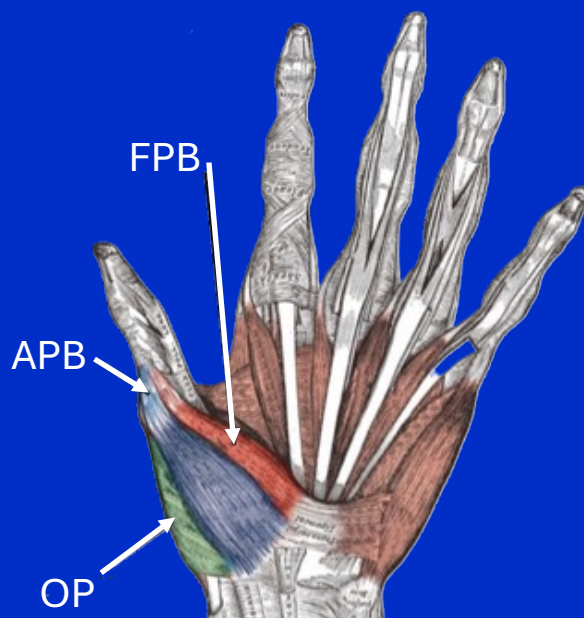
- Rotate D1 inward 10x. Reverse
- Rotate D1 outward 10x = 1 set
- Perform 3 sets

MUSCLES ACTIVATED

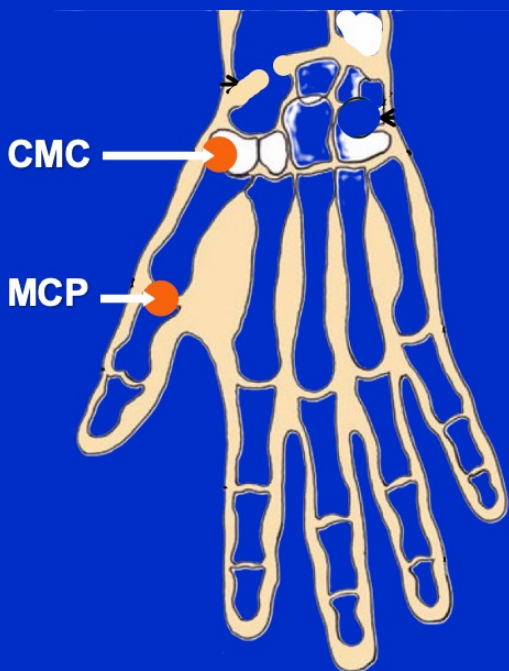
- Flexor Pollicis Brevis – FPB
- Abductor Pollicis Brevis – APB
- Opponens Pollicis – OP

JOINTS ENGAGED

- MCP : Metacarpophalangeal
- CMC : Carpometacarpal



THENAR EMINENCE



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-Claw | .8 |
| Wrist Extensions | .9 |
| Wrist Rotations | .10 |

10 EXERCISE PROGRAM