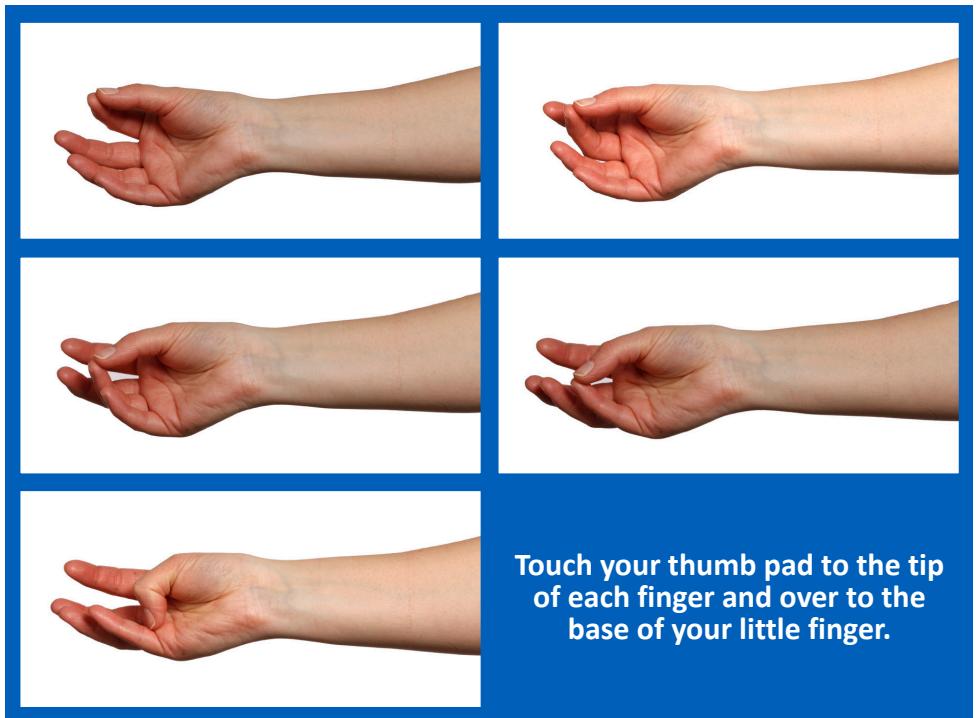




Thumb Mobilising Exercises

To help restore movement of your thumb, each of the following exercises should be done regularly as directed by your physiotherapist. If any of these movements are stiff and limited, you can use your other hand to help improve the movement.





Place the palm of your hand on the table. Bring your thumb out to the side, away from your index finger.

Once in this position, lift your thumb off the table.



Hold your thumb below the joint to be exercised.
Bend and straighten the joint in the middle of your thumb.

Any further questions, please contact your Physiotherapy Department.

Doncaster Royal Infirmary 01302 644210

Bassetlaw Hospital 01909 572302

Montagu Hospital 01709 649190

Retford Hospital 01777 863400.

Patient Experience Team

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059

Email: dbth.pals.dbh@nhs.net

