

Thumb stretch.

This will stretch the bottom of the thumb to bring it out of the hand.

- With one hand support around the thumb and with the other support the side of the hand.
- Stretch from the base of the thumb to bring the thumb away from the hand.
- Do not pull the joint back but stretch from the pad at the bottom of the thumb.
- Hold for 20-30 seconds and repeat 3-5 times.

