

EXERCISES FOR FINGER EXTENSION AND THUMB ABDUCTION

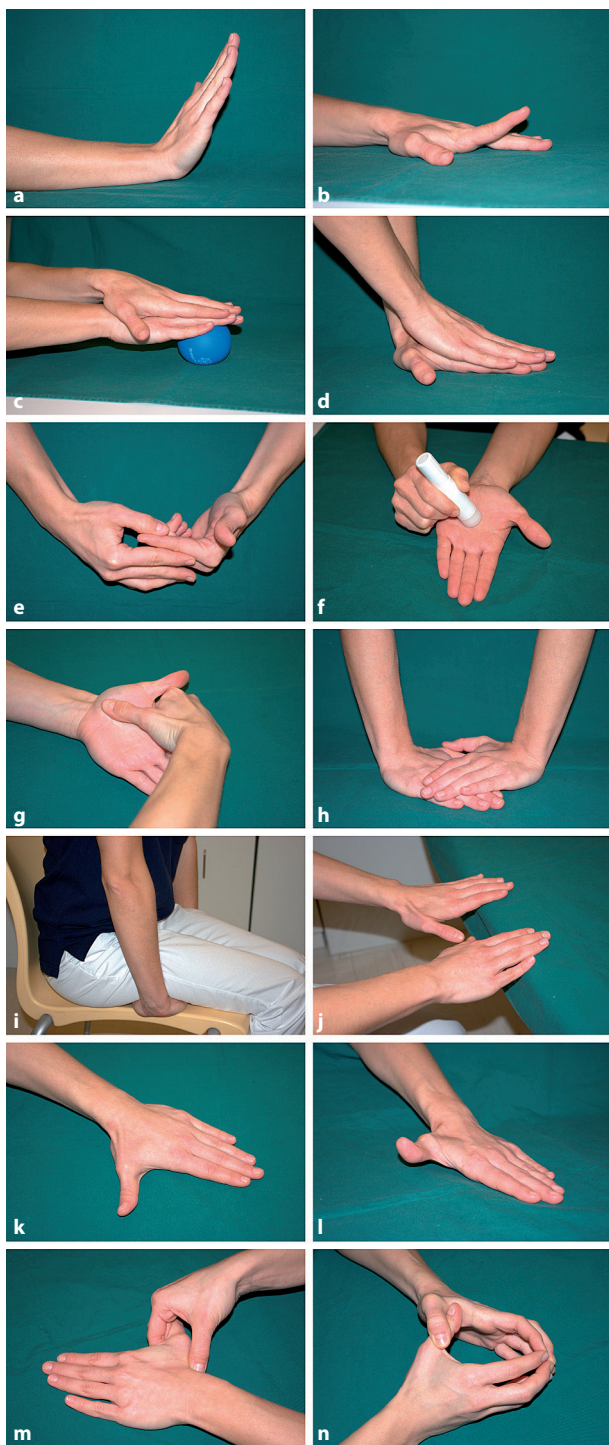


Fig. 8.28 **a** Finger and wrist extension. **b** Finger extension of each finger. **c** Stretching the flexor side with a ball. **d** Hands over each other and stroking of the fingers. **e** Stretching the PIP joints. **f** Massage of the hand muscles with a mini-massager relaxes the muscles. **g** Stroking the thenar eminence towards the radial side. **h** Stretching fingers and wrist. **i** Stretching the fingers and wrist (Matschi). **j** Stretching the fingers on a table. **k** Radial abduction of the thumb. **l** Abduction and extension of the thumb. **m** Self-mobilisation: radial abduction of the thumb. **n** Self-mobilisation: palmar abduction of the thumb