

# Exercises to Promote Thumb Abduction

Activities that promote bringing the thumb out away from the hand:

- Cut with scissors
- Tear paper
- Pull apart pop beads or Legos
- Hold sewing card
- String beads
- Stack cups
- Holding a glass
- Screwing/unscrewing barrels
- Swing a wiffle bat
- Flick paper wads/checkers/marbles with thumb
- Grasp various sized/shaped objects
- Throw a ball (softball or tennis ball size)
- Grasp socks to pull up socks
- Grasp shirt sleeves to pull off shirt
- Grasp pennies and place into a piggybank
- Grasp and look through binoculars/kaleidoscope/ViewMaster
- Grasp ball and pass or throw
- Hold paper towel roll and insert blocks with other hand
- Put a rubber band around the fingers and spread all the fingers and thumb apart from each other
- Make a pancake with play doh and place over the tops of the fingertips/thumb and spread all the fingers and thumb apart
- Open a large peanut butter jar



Perform \_\_\_\_\_ activities for \_\_\_\_\_ minutes per day using the  left hand  right hand

Therapist: \_\_\_\_\_ Date: \_\_\_\_\_