

# Thumb Extension and Abduction

Activities that promote thumb extension and abduction:

- Rubber band exercises
- Trace your hand on a piece of paper
- Cut with scissors
- Play “thumb war” with a partner
- Put finger paint on your thumb and draw with it
- With palm flat on table, put toy car underneath thumb and drive it back and forth. Move the car from the pointer finger to as far out as thumb will go.
- Control a game joystick or remote control car with your thumb
- Flip a coin
- Hold onto a large cylindrical object such as a water bottle or a jar
- Give a “thumbs up”
- Drive large toy cars in your hand with your thumb extended
- Use an eraser on a chalkboard or whiteboard
- Play with finger puppets on your thumb
- Hold onto a flashlight
- Play Cat’s Cradle with a long string tied in a circle
- Use an ink pad to make a thumb print picture



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

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