



LANG HAND THERAPY

Certified Hand Therapists
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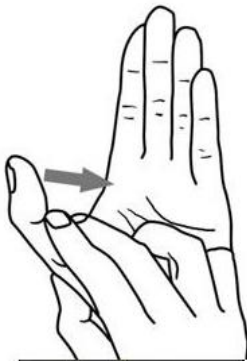
THUMB BLOCKING

PERFORM 8-10 REPETITIONS WITH 3-5 SECOND HOLD. 3X/DAILY



MP JOINT

Support or hold the bulk of the thumb just below its base crease.
Bend the thumb and straighten



IP JOINT

Support or hold the thumb just below its last crease before
the tip. Bend the thumb tip and straighten