

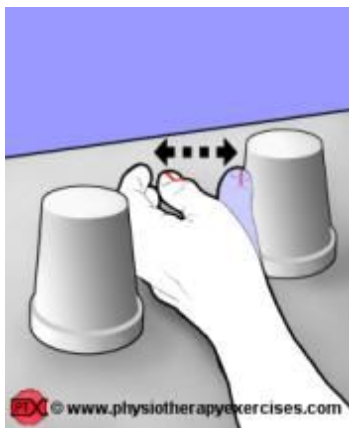
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# Exercise Booklet

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## Abducting the thumb to a target

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### Client's aim

To improve your ability to open your thumb to help pick up a cup or glass.

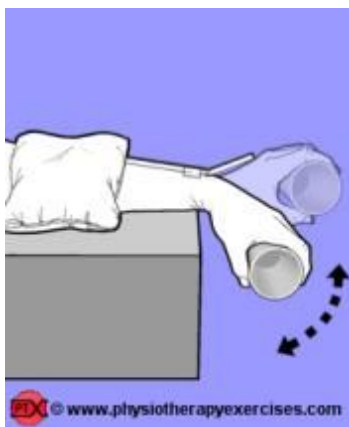
### Client's instructions

Position yourself sitting with your hand resting vertically on a table in front of you and your wrist bent back. Position a cup near your thumb and another cup touching your knuckles. Practice opening your thumb to touch the cup. Ensure that you keep your knuckles in contact with the other cup as you move your thumb.

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## Bending the wrist to a target

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### Client's aim

To improve your ability to straighten your wrist.

### Client's instructions

Position yourself sitting with your forearm resting on a block on a table in front of you and your palm facing down. Place a cup in your hand, a sandbag on your forearm and tape a flexible straw to the top of your forearm so that the bend of the straw is over your wrist. Practice straightening your wrist so that your hand touches the tip of the straw then relaxing your hand back down again.

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## Finger and wrist flexor stretch in sitting by weight-bearing through hands

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### Client's aim

To stretch or maintain range in your wrists.

### Client's instructions

Position yourself sitting on a plinth with your arms out straight behind you. Ensure that your fingers are kept straight.

### Precautions

1. Impaired or absent sensation of stretch.

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## Hand webspace stretch

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### **Client`s aim**

To stretch or maintain range in your hand.

### **Client`s instructions**

Position your hand around a large cup.

### **Precautions**

1. Impaired or absent sensation of stretch.

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## Lifting up an object

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### **Client`s aim**

To improve your ability to reach.

### **Client`s instructions**

Position yourself sitting with an object on a table in front of you. Practice lifting the object off the table. Ensure that your elbow stays straight.

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## Reaching forward to an object

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### **Client`s aim**

To improve your ability to pick up an object.

### **Client`s instructions**

Position yourself sitting with three objects placed slightly apart on a table in front of you. Practice reaching forwards to pick up the middle object without touching the objects on either side. Ensure that you shape your hand to match the middle object as you start reaching.

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## Taking a cup to the mouth

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### **Client`s aim**








To improve your ability to bring a cup to your mouth.

### **Client`s instructions**

Position yourself sitting with a cup on a table in front of you. Practice lifting the cup up to your mouth. Ensure that you keep your head up straight.

### **Precautions**

1. Ensure appropriate for patients with swallowing difficulties.

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