

Thumb passive movement exercises

This information sheet gives you exercises to help you recover from your injury or surgery. Please only perform the exercises as instructed by your therapist. If you have any further questions or concerns, please speak to the hand therapist caring for you.

What is passive movement?

Passive movement requires you to perform the exercises using your unaffected hand to push on the affected thumb.

How often do I need to do the exercises?

Your therapist will explain to you how many exercises and how often you are required to do them. Please follow this advice carefully.

Please perform the exercises _____ times, every _____ hours.



Use your unaffected hand to gently stretch your thumb away from your palm.



Use your unaffected hand to gently push only the tip joint towards the palm.

3.



Use your unaffected hand to push your thumb gently towards your palm. Make sure you bend both joints.

4.



Use your unaffected hand to pull your thumb away gently from your index finger.

Will I have a follow-up appointment?

We will tell you before you leave the department if you need to come back for any further appointments.

What should I do if I have a problem at home?

If you have any problems or questions, please contact your therapist.

Contact us

If you have any questions or concerns about these thumb exercises, please contact the hand therapy department on **020 7188 4172** between 8am and 5pm Monday to Friday.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership