

# Thumb EPB/APL Repair Stage 2

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Na żądanie ta ulotka może zostać udostępniona  
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## Exercises

**Complete x5 reps, every 1 hour while awake.**

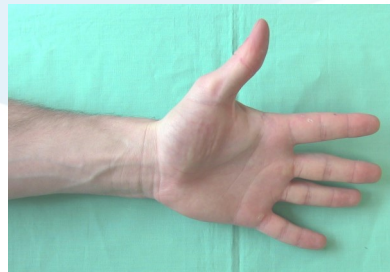
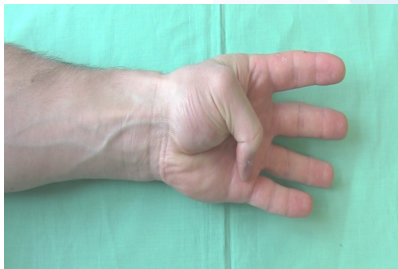
1. Using your unaffected hand passively extend the tip of your thumb. Then repeat this action actively.



2. Actively bend the tip of your thumb over top of splint



3. Actively bring your thumb across your palm, and straighten.



4. Start with elbow on a table. Move your wrist backwards as far as you can and then forward as far as you can.



4. Maintain full range of movement all unaffected fingers.

