



Caring for the Painful Thumb - More Than a Splint

By CHT Jan Albrecht OTR/L

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Written by an Occupational Therapist and Certified Hand Therapist, Caring for the Painful Thumb is a must-read for both therapists and patients. Written in terminology patients can understand with over 200 color illustrations, the book can be used successfully in the clinic or the home. A unique feature of the book is that half the book is written and illustrated for the right hand and the other half for the left. This allows every mobilization or stabilization technique to be easily visualized and performed by any individual. The book also includes step-by-step instructions for applying kinesiology tape to the thumb and CMC joint. This durable book can be used at the treatment table, or independently by patients at the completion of therapy. Pages can be copied for handouts.

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