



N. E. S.

Hand Therapy Training
www.neshands.co.uk

Management of the Thumb

List of items for delegates to get PRIOR to the course

Lycra style glove for your non-dominant hand
Sharpie style pen
Pen
Piece of Tubigrip
One Envelope
One Paperclip
Jug
Mug
As many different goniometers as possible
Ruler
Cotton wool ball / pad
Sharp pencil
Small pot
Small towel / T-towel
10 small everyday objects
5 different textured items