



N. E. S.

Hand Therapy Training
www.neshands.co.uk

Management of the Thumb BAHT LEVEL II

Pre-course Reading

It is recommended that prior to the course:

You find suitable texts, articles or online resources to refresh or gain anatomical knowledge of the thumb and structures relating to it.

1. The basic anatomy should include:
 - a. Bone
 - b. Joints of the thumb
 - c. Ligaments relating to the CMCJ, MCPJ, IPJ
 - d. Muscle and tendons relating the thumb and radial wrist
 - e. All three peripheral nerves

2. Understand the basic movements of the thumb

