



GET STARTED



Welcome Back

Sign in to continue your rehab journey

Email

Password

•••••••

[Forgot Password?](#)

Sign In

or



[Sign in with Google](#)

[Sign in with SSO](#)

Don't have an account? [Sign up](#)

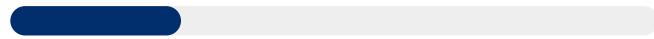
Welcome Tsegie OTR/L



Patient Caseload

**Nathan**

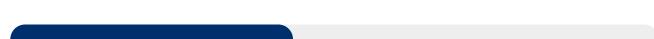
Last activity: 3 days ago

**Soli**

Last activity: 4 days ago

**Grace**

Last activity: 1 day ago



AI Alerts



Grace: Grip strength decreased over 3days



Soli: missed 2 sessions this week



10:02



Rehabilitation Progress

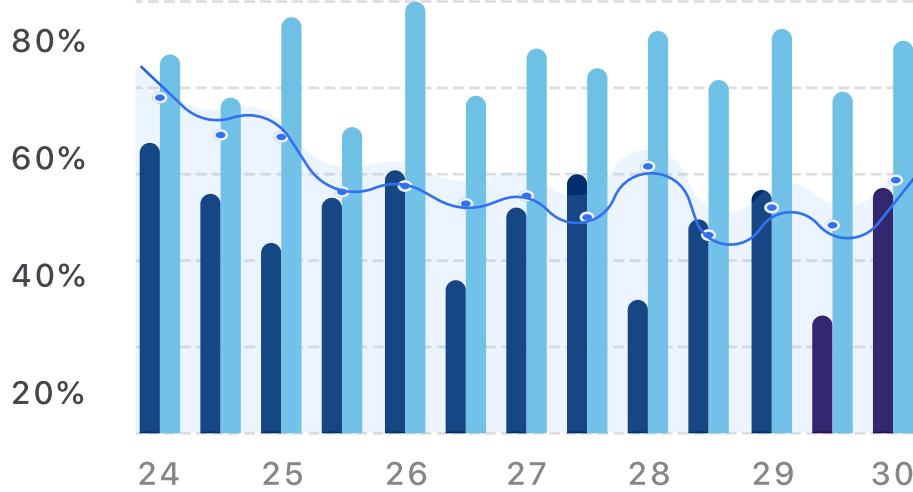
**Nathan**

Left thumb CMC arthroplasty

Surgery Date: July 1

WEEK 4
July 24 - July 30

● Before ● After

**Average Weekly Performance**

Range of motion (ROM)



WNL

Grip Strength



55 kg

Pain



3/10

Adjust Rehab Plan

Rehabilitation Timeline

Week 1
Complete



Week 2
Complete



Week 3
Not Yet Started



Week 4
Not Yet Started



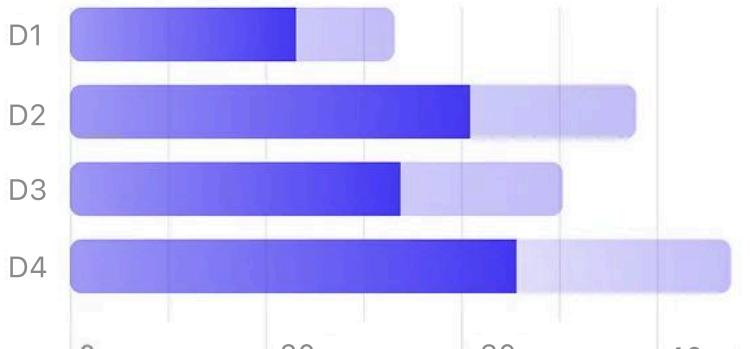
Time Spent Per Session

Avg. time per session...

Per day

35 min

Avg. per day



Exercise Rest

Home >





Completed!



GET STARTED



Welcome Back

Sign in to continue your rehab journey

Email

Password

•••••••

[Forgot Password?](#)

Sign In

or



[Sign in with Google](#)

[Sign in with SSO](#)

Don't have an account? [Sign up](#)

Let's set up your recovery plan

Tell us about your surgery so we can personalize your rehab

Full Name

Nathan James

Injury Type

Left Thumb-CMC Arthroplasty

Surgery Date

[MM/DD/YYYY]

Dominant Hand

Left

Right

Assigned Therapist

Tsegie Kassahun OTR/L

Invite Code

Code from your therapist



Achievement

Successfully Logged In!

Complete

10:02



Welcome, Nathan

MON

TUE

WED

THU

FRI

SAT

SUN



Treatment Plan

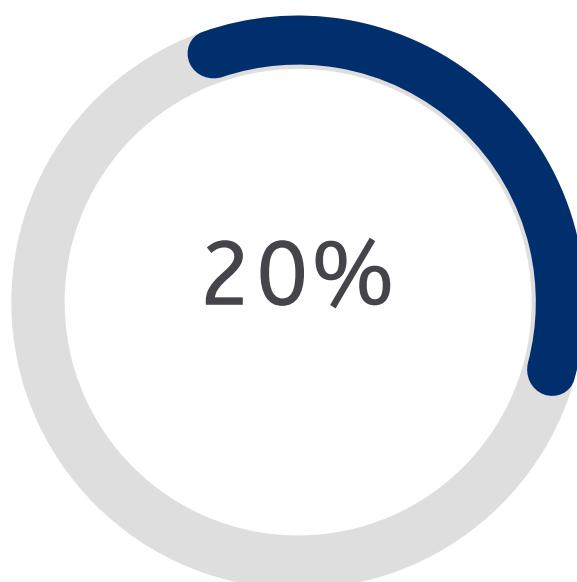
Started on June 23



Want to Learn More
About Thumb Anatomy?
Take our Quiz!



You're Almost Done for Today



Recovered

28%

Exercises

16

Reps

125





Understanding the Pain Scale (0–10)



Use this scale to rate how much pain you feel before or after exercise.

0 – No pain.

1 – Pain is very mild, barely noticeable. Most of the time you don't even think about it.

2 – Minor pain. It's annoying but not distracting. You may have a sharp twinge now and then.

3 – Noticeable pain. It may distract you occasionally, but you can still adapt.

4 – Moderate pain. If you're involved in an activity, you can ignore it for a while—but it remains distracting.

5 – Moderately strong pain. You can't ignore it for more than a few minutes. With effort you can still work or socialize.

6 – Moderately severe pain. You avoid some of your normal daily activities and have trouble concentrating.

7 – Strong pain. It keeps you from doing most normal activities.

8 – Very strong pain. It's hard to do anything at all

9 – Excruciating pain. You can't talk or focus on anything else.

10 – Worst pain imaginable. You're incapacitated.

[Back to Survey >](#)



Pre-Exercise Assessment

i Pain Level



Grip Strength

Skip if not available 

Mood



Sleep Quality



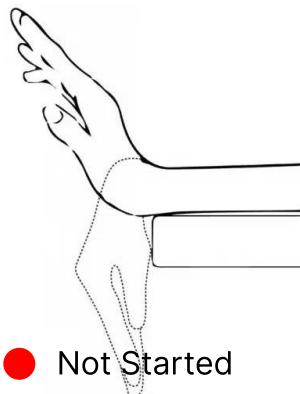
Fatigue Level



Add any notes or concerns
before your session...

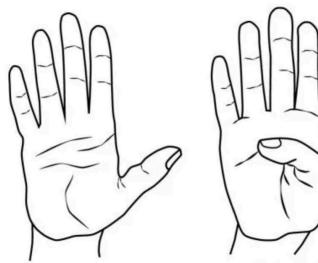
Start today's session

Daily Exercises



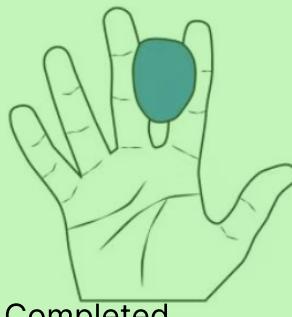
Wrist Extension and Flexion

Not Started



Thumb Extension and Flexion

In progress



Finger Scissor

Completed



Flat Pinch

Completed



Thumb Extension and Flexion



10 day streak | **Last Completed:** 03/10



How to Perform

1. Start in a neutral wrist position.
2. Slowly bring your thumb across the palm
3. Try to touch the base of your little finger if you can
4. Hold the bent position for 2-3 seconds
5. Return the thumb back slowly to the start position

Sets and Reps Counter:

3 **sets** of 10 **reps**



Set 1



Set 2



Set 3

Click to Record/Upload Exercise



Record



Swipe to Complete





ProRes

00:14:51

HD · 60



0.5 1x 3

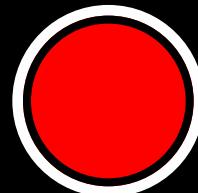
SLO-MO

CINEMATIC

VIDEO

PHOTO

PORTRAIT



Thumb Extension And Flexion



10 day streak | **Last Completed:** 03/10



How to Perform

1. Start in a neutral wrist position.
2. Slowly bring your thumb across the palm
3. Try to touch the base of your little finger if you can
4. Hold the bent position for 2-3 seconds
5. Return the thumb back slowly to the start position

Sets and Reps Counter:

3 **sets** of 10 **reps**



Set 1



Set 2



Set 3

Click to Record/Upload Exercise



Recorded ✓

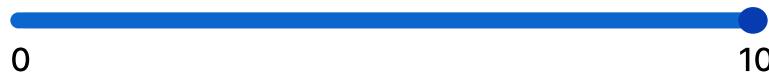


Swipe to Complete



Post-Exercise Assessment

Pain Level



Grip Strength

Skip if not available

Fatigue Level



Exercise Difficulty



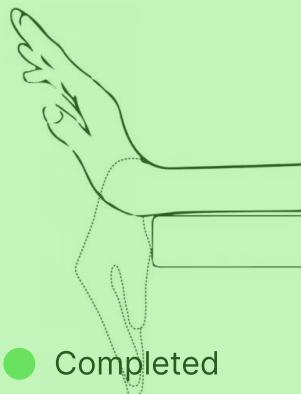
Describe how the session felt or any concerns



Achievement
Completed Exercise!

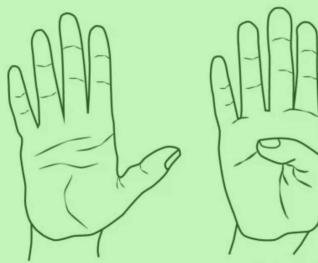


Daily Exercises



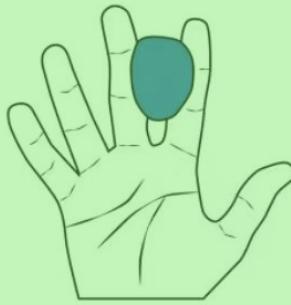
Wrist Extension and Flexion

● Completed



Thumb Extension and Flexion

● Completed



Finger Scissor

● Completed



Flat Pinch

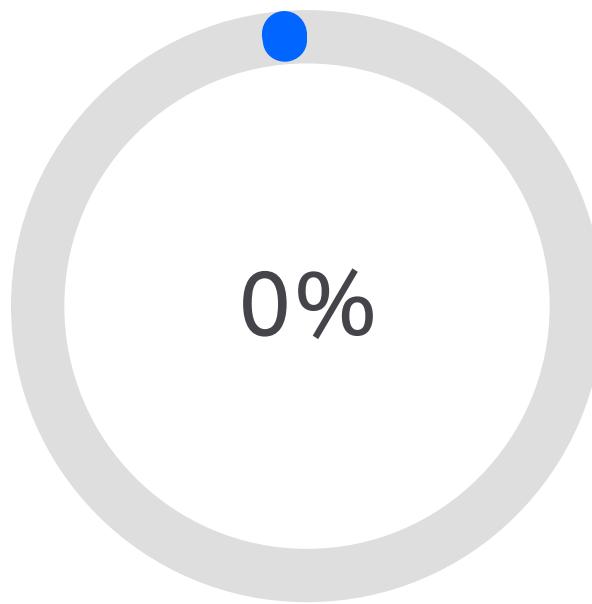
Complete Session!



Great work

Session Complete!

Wait for Analysis



Starting Analysis

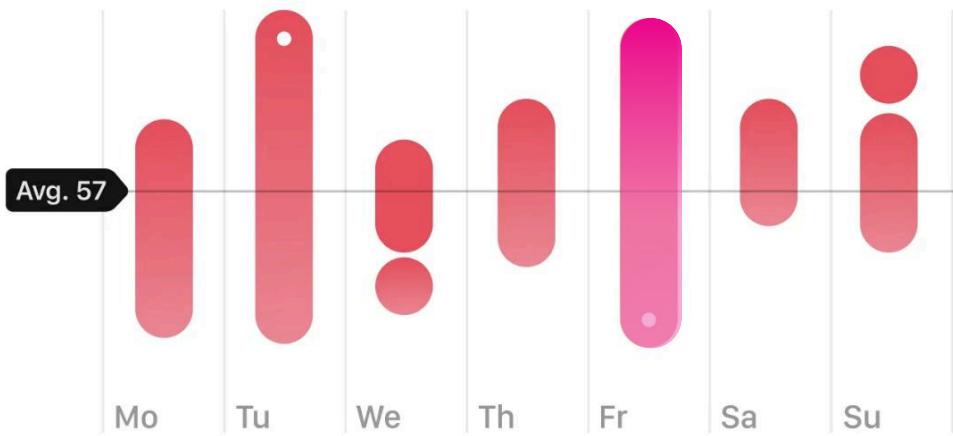


Daily Session Summary

Here's how you did today!



Your Weekly Performance



You averaged 57° Flexion
this week!

Home >





Finger Glides



10 day streak | **Last Completed:** 03/10



How to Perform

1. Elevate your arm
2. Straighten your fingers
3. Bend at the first knuckles, making a tabletop
4. Touch the fingertips to the base of the palm
5. Bring the fingers up into a claw position
6. Keeping the tension in the fingers, roll them into full fist, tight fist

Sets and Reps Counter:

3 **sets** of 10 **reps**



Set 1



Set 2



Set 3

Click to Record/Upload Exercise



Record



Swipe to Complete



Putty: Key Pinch



10 day streak | **Last Completed:** 03/10



How to Perform

1. Place the putty on the table
2. Pinch the putty between the thumb and the side of your index finger

Sets and Reps Counter:

3 **sets** of 10 **reps**



Set 1



Set 2



Set 3

Click to Record/Upload Exercise



Record



Swipe to Complete







Go to Results



Thumb Strengthening



10 day streak | **Last Completed:** 03/10



How to Perform

1. Wrap the thumb, index and middle fingers with the elastic band
2. Spread your thumb and fingers apart, keeping the thumb and fingers straight

Sets and Reps Counter:

3 **sets** of 10 **reps**

Set 1

Set 2

Set 3

Click to Record/Upload Exercise

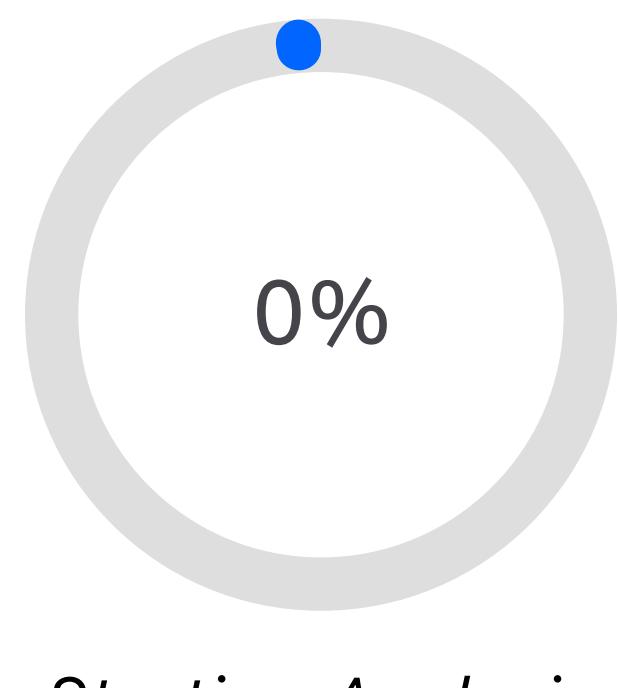


Record

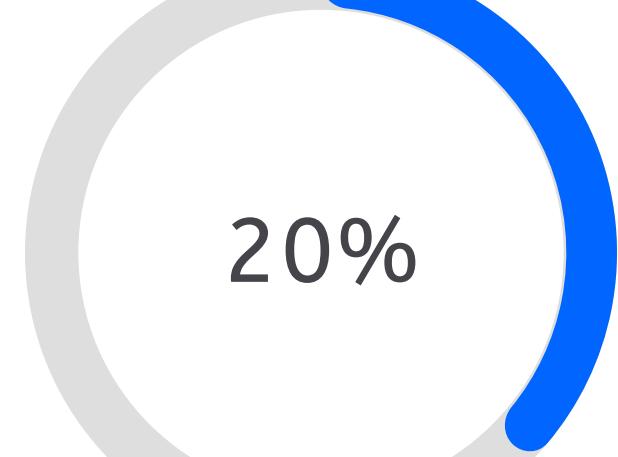


Swipe to Complete

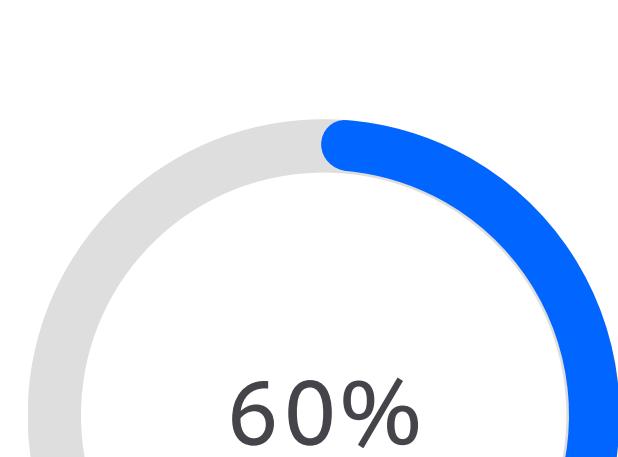




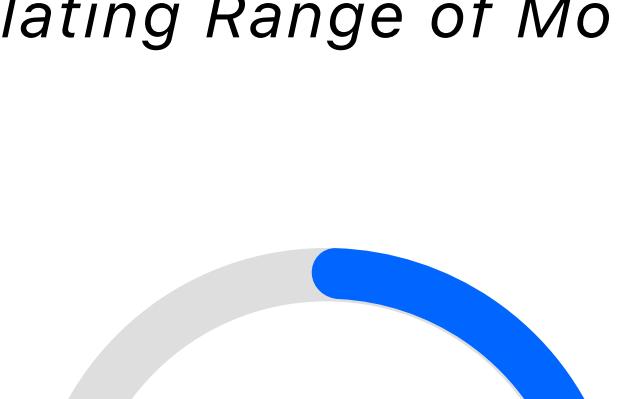
Starting Analysis



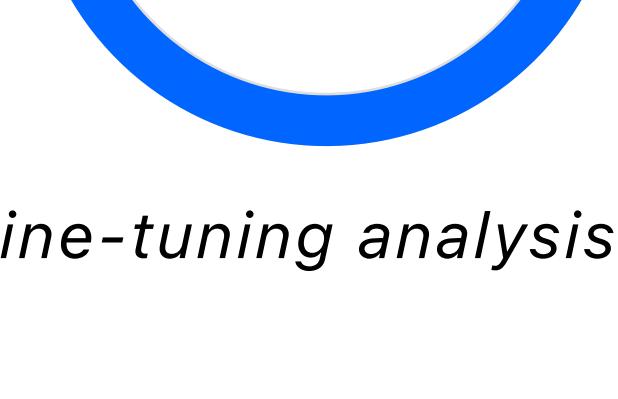
Watching Movements 🔎



Calculating Range of Motion 📊



Fine-tuning analysis⚙️



Analysis Complete ✅





introduction



(A) Flexor carpi
radialis

(A) Flexor carpi
radialis

(C) Abductor digiti
minimi

(C) Abductor digiti
minimi

Learn Thumb Anatomy



Curious about
thumb anatomy?

[Learn More →](#)

Quick 3-question quiz

Thumb Anatomy Quiz

Question 1 of 3

? Which thumb motion lets you pick up small objects like a coin or button?

(A) Flexion

(B) Opposition

(C) Extension





That's Right!

You selected the correct thumb movement.

THUMB OPPOSITION



Thumb opposition is the movement that allows you to pick up coins, button shirts, and write with a penil.



Grabbing a coin



Buttoning a shirt



Holding a pencil

[Next Question →](#)

Thumb Anatomy Quiz

Question 2 of 3

**?Which thumb motion
do you use when
giving a 'thumbs up'?**

(A) Opposition

(B) Extension

(C) Flexion





That's Right!

You selected the correct thumb movement.

THUMB EXTENSION



Thumb extension is the movement that helps you release objects and stabilize your grip!



[Next Question →](#)

Thumb Anatomy Quiz

Question 3 of 3

? Which motion strengthens your ability to firmly grasp a cup?

(A) Abduction

(B) Opposition

(C) Flexion

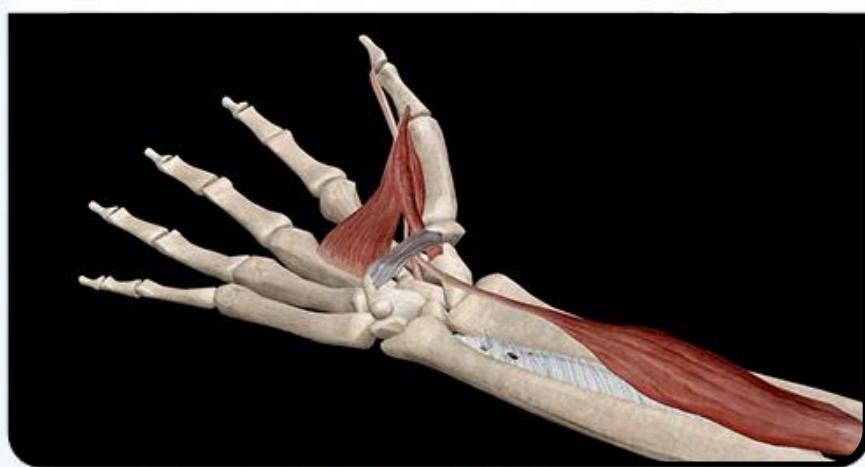




That's Right!

You selected the correct thumb movement.

THUMB FLEXION



Thumb flexion improves your ability to grip cups, tools, and even your phone.



Complete →

Congrats 
you scored

3/3

on the
Thumb Anatomy Quiz

Would you like to go:

Take Quiz again →

Home →