



Peninsula Hand Therapy

Thumb Group

WHAT IS THUMB GROUP?

- A supervised group session run by a Hand Therapist with a focus on pain prevention and promoting movement patterns that protect your joints.
- To provide advice on activity modifications that will help you minimise thumb pain in your day to day activities.
- An opportunity to chat to other people and share tips and tricks to help manage your pain!

WHO IS IT FOR?

Anyone who is experiencing persistent thumb pain.

WHEN

Friday mornings



LET US KNOW IF YOU WOULD LIKE TO ATTEND



(03) 5973 6911



enquiry@peninsulahandtherapy.com.au