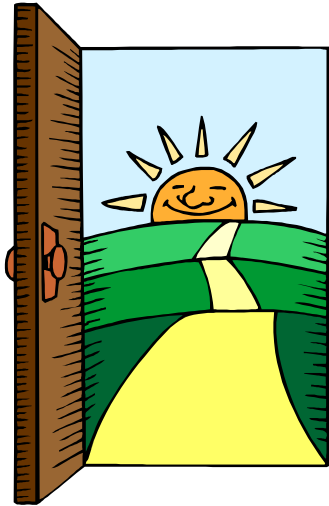


Hand Exercises (page 1 of 6)



This leaflet is a reminder of the exercises you have been given by your therapist.

- Please only do the exercises you have been instructed to do.
- Only do each exercise the number of times written in the box.
- Repeat each exercise
- These exercises are to help improve the movement of your hand after injury/surgery.
- If you do not do these exercises your hand will more likely become stiff. This will stop it from working normally.

If you have any problems please contact your therapist.

1. Start with your fingers and wrist straight

- Slowly bend your wrist forwards, keeping your fingers relaxed.
- Now take it back as far as you can.
- Note that your fingers may bend as you take your wrist back.

Starting position



Do the exercise



times.



times daily.

If you need your information in another language or medium (audio, large print, etc) please contact PALS on 01722 429044 or send an email to: sft.pals@nhs.net

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: sft.patient.information@nhs.net if you would like a reference list.

2. Start with your thumb and fingers straight.

- touch the tip of your thumb to the tip of each finger in turn, making an 'O' shape.
- Return to the starting position between making each 'O'.

Starting position



Do the exercise times.

times daily.

3. Start with your fingers and wrist straight.

- Spread your fingers as far apart as possible.
- Bring them back together again
- Remember to include your thumb in these exercises.

Starting position



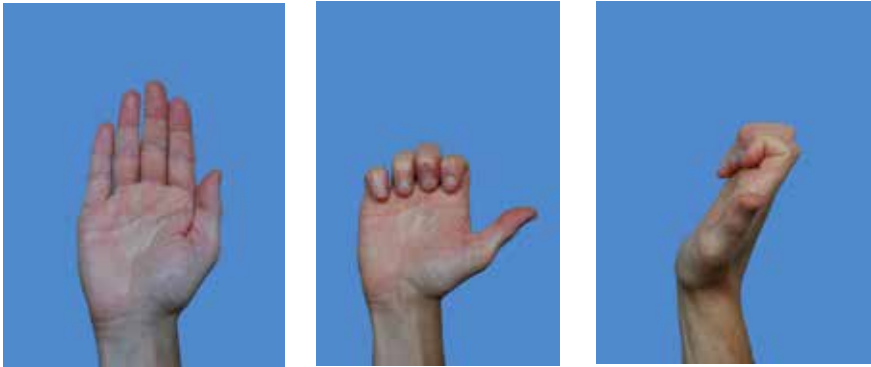
Do the exercise times.

times daily.

4. Start with your fingers and wrist straight.

- Gently curl the tips of your fingers down towards the top of your palm.
- Then straighten all your fingers back out to the starting position.

Starting position



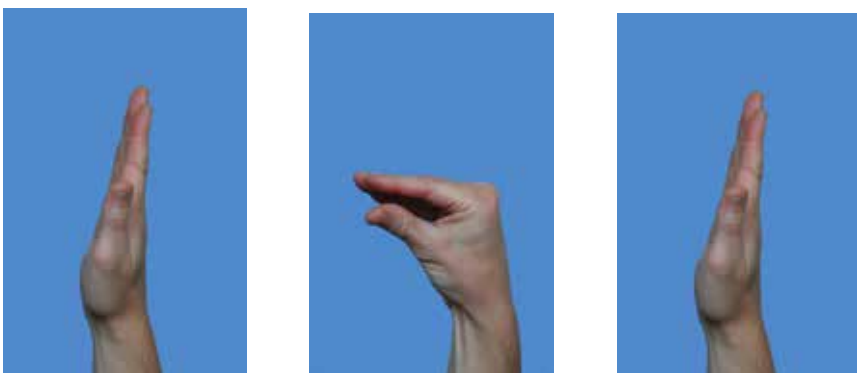
Do the exercise times.

times daily.

5. Start with your fingers and wrist straight.

- Squeeze your fingers together and bend at the knuckles.
- Make sure your fingers do not bend.
- Straighten all your fingers back out to the starting position.

Starting position



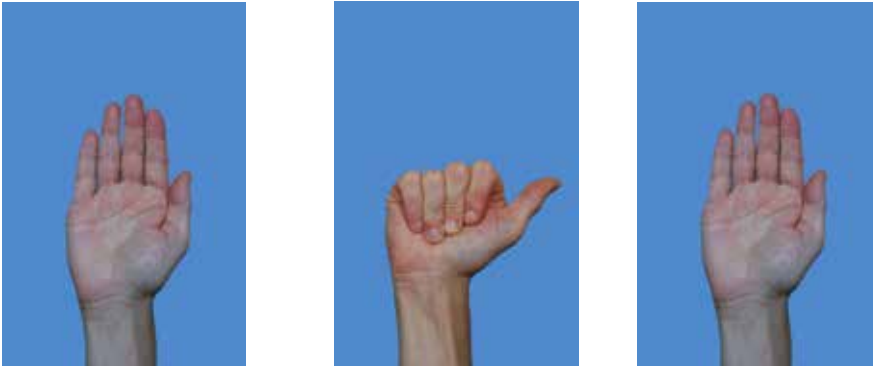
Do the exercise times.

times daily.

6. Start with your fingers and wrist straight.

- Gently bend the tips of your fingers down towards the bottom of your hand.
- Then straighten all your fingers back out to the starting position.

Starting position



Do the exercise

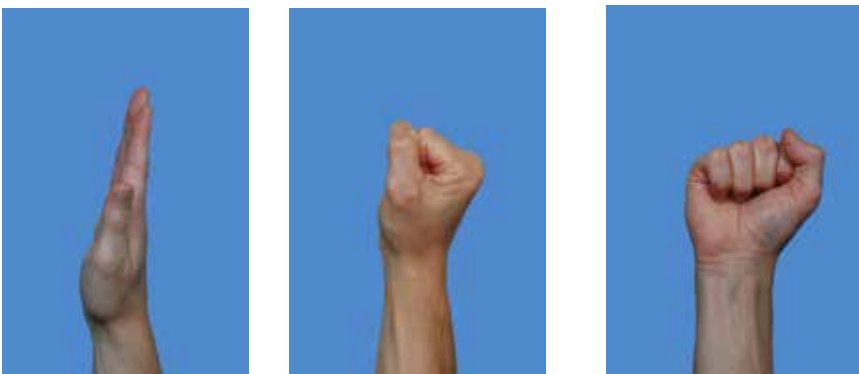
times.

times daily.

7. Start with your fingers and wrist straight.

- Gently curl your fingers into the palm, making a fist.
- If you can, move your thumb so that it lies across your index (first) and middle finger.
- Straighten all your fingers back to the starting position.

Starting position



Do the exercise

times.

times daily.

8. Hold your hand relaxed, with fingers and wrist straight

- Curve your palm to surround a pen (or a finger from your other hand)
- Relax your palm to flat again.

Starting position



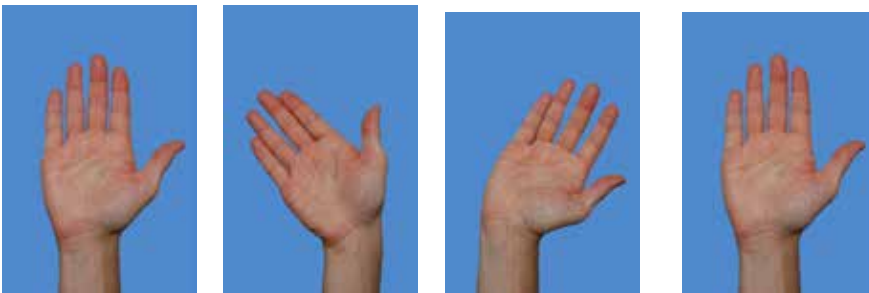
Do the exercise times.

times daily.

9. Start with your fingers and wrist straight. Keep the forearm still and

- Move your hand towards your little finger side.
- Move it back towards the centre.
- Then move it towards the thumb side.
- Then return it to the centre again.

Starting position



Do the exercise times.

times daily.

10. Start with your elbow at your side and keep it there

- Slowly turn your palm towards the ceiling as much as you can
- And now turn your palm towards the floor
- Repeat this movement, keeping your elbow at your side

Do the exercise



times.



times daily.

