

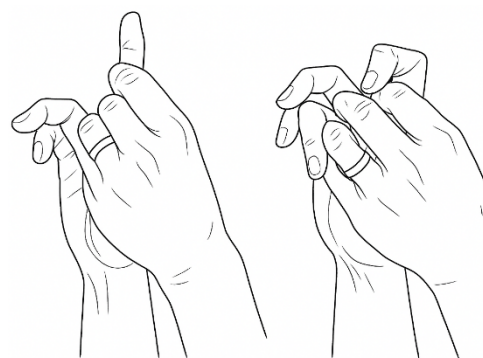


Finger exercises

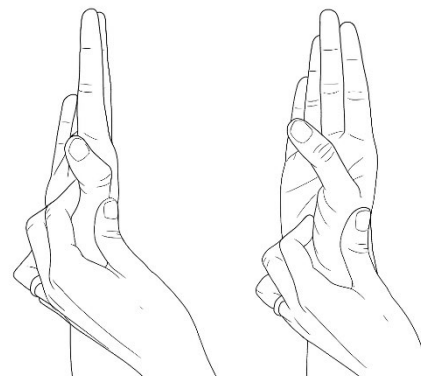
This leaflet shows exercises to help increase your range of movement and strength in your fingers. Please complete the following exercises as instructed by your hand therapist.

Isolated finger bends (tendon glides)

1. Hold your finger up in the air or have your palm face up on a table.
2. Hold beneath the top joint of your finger while keeping the middle joint straight.
3. Bend the tip of your finger and hold for 3 seconds, then straighten again.
4. Hold below the second joint on the finger and repeat. Both joints will bend.
5. Complete this 10 times for the following fingers:
Index Middle Ring Little

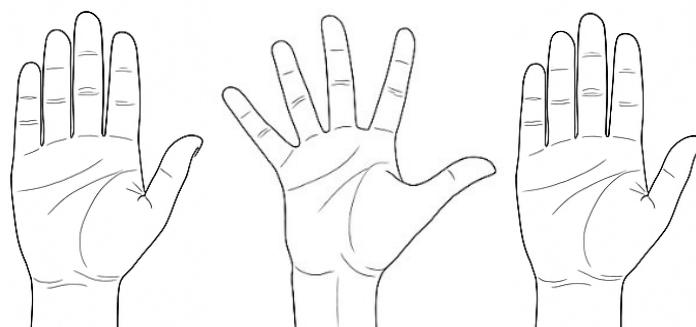


1. Hold below the top joint of the thumb.
2. Bend the tip of the thumb and hold for 3 seconds, then straighten the thumb again.
3. Hold around the base of the thumb. Bend the joint just above and hold for 3 seconds. Then straighten the thumb again.
4. Repeat these exercises 10 times.



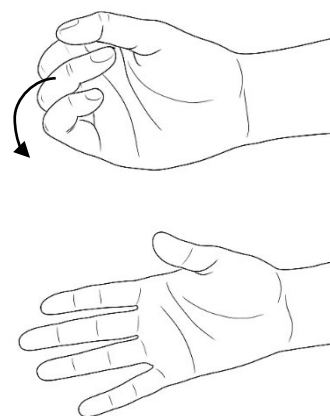
Finger spreads (abduction/adduction)

1. Start with your hand straight.
2. Bring your fingers apart and hold for 3 seconds.
3. Then bring them back together again.
4. Repeat this 10 times.



Finger extension

1. Rest your hand palm up on a surface.
2. Straighten your fingers as much as possible to touch the surface with the back of your fingers.
3. Hold this for 3-5 seconds and relax.



Finger range of movement (tendon gliding exercises)

Hold each exercises for 3 seconds at a time. Repeat each exercise 5 times.
 Complete these exercises ___ times a day.



1. **Starting position:** straighten your fingers as much as possible.

2. Bend the top 2 joints of your fingers, keeping your knuckles straight. Then return to the starting position.

3. Bend the fingers down into the palm with the ends of your fingers held straight. Then return to the starting position.

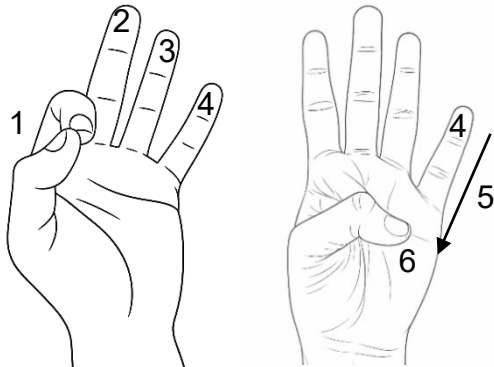
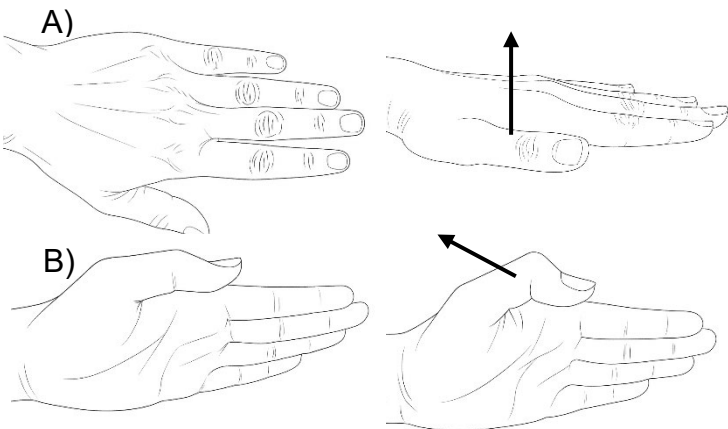
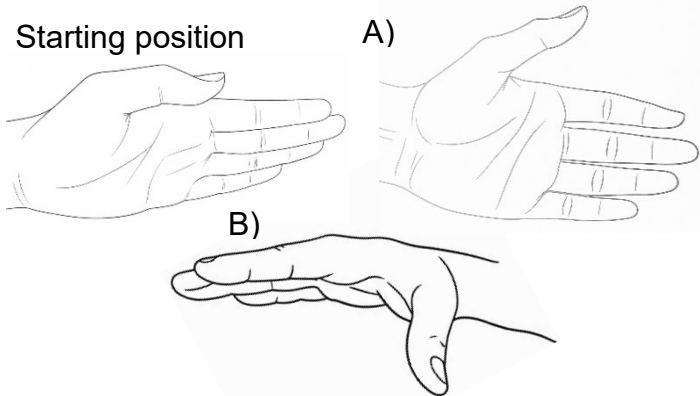


4. Bend all of your fingers into a full fist. Then return to the starting position.

6. Bend fingers at knuckles while keeping your fingers straight. Then return to the starting position.

Thumb range of movement

Complete each exercise 10 times every _____ hours / times a day.

<p>Thumb opposition and flexion: Touch the tip of each finger with the tip of your thumb, bringing the thumb out and round to make an 'O' shape. After touching the tip of the little finger, slide the thumb down to the base of the little finger, as if you were indicating the number 4 by showing 4 fingers.</p>	
<p>Thumb extension A) Place your hand on a flat surface. Lift your thumb up off the surface and hold for 5 seconds. Then lower it back down. B) Then turn your hand so that your little finger is touching the flat surface. Lift your thumb up so that the base of your thumb is extending with the middle and last joint of the thumb flexing. Hold for 5 seconds then lower your thumbs back down.</p>	
<p>Thumb abduction A) Bring your thumb away from your index finger to form the letter L then bring the thumb back towards the hand. B) Do the same thing but bring your thumb out in front of your palm to form the letter 'L' and then bring the thumb back towards the hand.</p>	

Contact information

If you have any questions regarding this leaflet, please contact your hand therapist at the physiotherapy clinic 0118 322 7811 / 7812.

Please ask if you need this information in another language or format.