
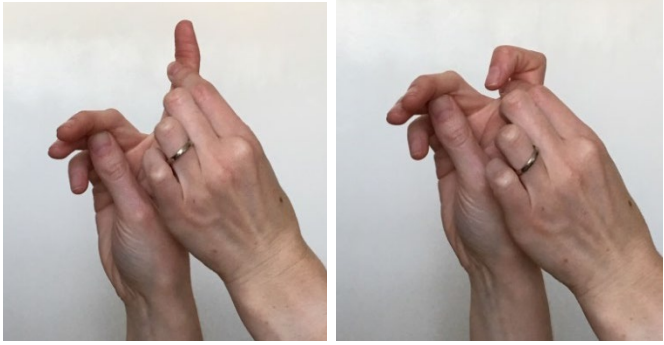



Finger exercises

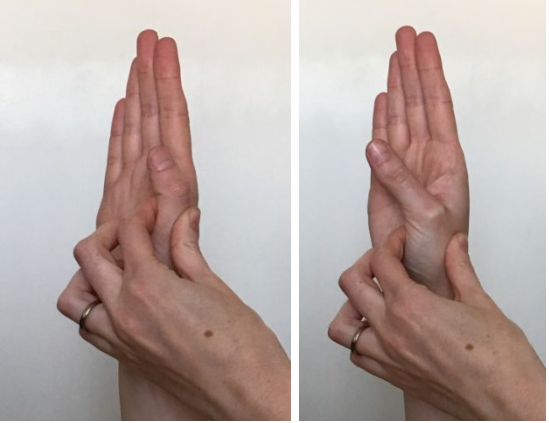

This leaflet shows exercises to help you strengthen your fingers. Please begin the following exercises as instructed by your hand therapy physiotherapist.

Finger range of movement (tendon gliding exercises):

<p><u>Flap</u> Bend the knuckles, keeping the fingers straight. Hold in this position for 3 seconds, then bring back to a straight position.</p>		
<p><u>Flat fist</u> Bend the fingers down into the palm with the ends held straight. Hold for 3 seconds.</p>		
<p><u>Fist</u> Bend all of your finger joints down into your palm. Hold there for 3 seconds, then bring them straight again.</p>		
<p><u>Hook</u> Bend the top two joints of your fingers, keeping your knuckles straight. Hold for 3 seconds, then bring them straight again.</p>		

<p><u>Isolated finger bends</u></p> <p>1) Hold beneath the top joint of your finger, keeping the middle joint completely straight (either in the air, or palm up on a table), bend it over and hold for 3 seconds, then straighten again.</p> <p>2) Hold below the second joint on the finger and repeat. Both joints will bend.</p> <p>3) Repeat on each finger.</p>		
<p><u>Spreading the fingers</u></p> <p>With the hand straight, bring the fingers apart, hold for three seconds, then bring them back together again.</p>		

Thumb range of movement:

<p><u>Isolated thumb bends</u></p> <p>1) Hold below the top joint of the thumb. Bend the tip, hold for 3 seconds, then bring it straight again.</p> <p>2) Hold around the base of your thumb. Bend the joint above this, and hold for 3 seconds and then bring it straight again.</p>		
<p><u>O's</u></p> <p>Practice touching the tip of each finger with your thumb, bringing the thumb out and round to make an O shape. Slide the thumb down to the base of the little finger.</p>		

Contact us

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To find out more about our Trust visit www.royalberkshire.nhs.uk

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

RBFT Physiotherapy (Hand Therapy Unit), March 2023.

Next review due: March 2025