

Hand injuries

Remember:

- Remove brace / splint / cast before exercising *staff to delete as appropriate
- Exercise as the pain allows – do not continue if it is too painful!
- Complete 10 of each exercise.
- As the exercises become easier, build up to completing four times a day.
- Use the hand for light activities as much as possible to increase confidence before attempting anything heavy or sustained.

Supporting your injured hand on a table, do the following exercises:

Hand

1. Curl your fingers into the palm to make a fist, then stretch the fingers out.
2. With the palm flat on the table, lift each finger up and down, one at a time.
3. With the palm flat on the table, spread your fingers wide apart and then close together.
4. With the palm down, raise the knuckles up while keeping the fingers straight – i.e. making a bridge.

Thumb

1. Take your thumb across towards the base of your little finger, then out to the side and hold the position.
2. Place your palm upwards and move thumb up away from palm, stretching the thumb 'web'.
3. Circle your thumb around, in both directions.
4. Touch each finger with your thumb (on the same hand).
5. Squeeze a small sponge ball.

If your hand swells, sit with your hand and arm supported on a pillow above the level of your shoulder, at least twice a day for half an hour. Move your fingers as the same time. To overcome stiffness in your wrist, do the exercises.

Friends & Family Test: While you are in hospital please spare a few moments to answer one question 'Overall, how was your experience of our service?' by filling in the card given or online by visiting www.royalberkshire.nhs.uk/surveys.

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