



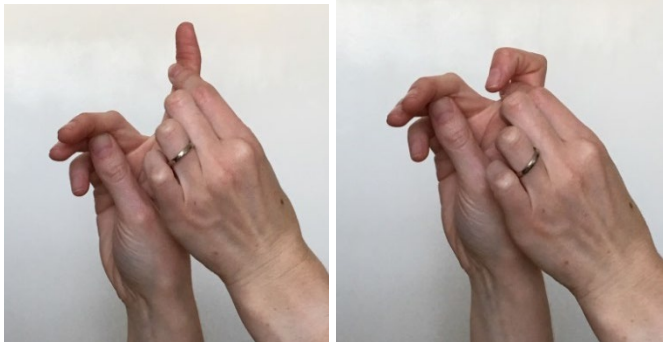



Finger exercises

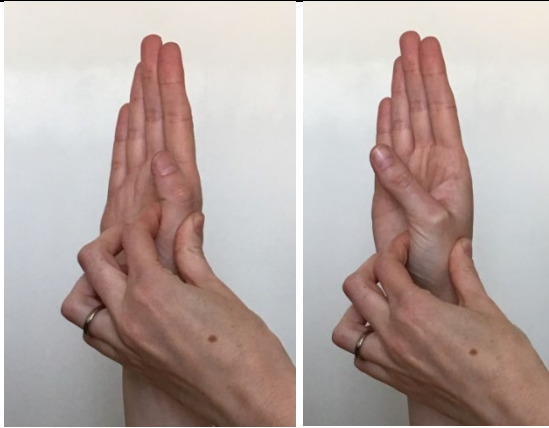
Please begin the following exercises as instructed by your therapist:

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> <ol style="list-style-type: none"> 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. 2) Hold below the second joint on the finger and repeat. Both joints will bend. 3) Repeat on each finger. 		
<p><u>Spreading the fingers</u> 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> <ol style="list-style-type: none"> 1) Hold below the top joint of the thumb. Bend the tip, hold for 3 seconds, then bring it straight again. 2) Hold around the base of your thumb. Bend the joint above this, and hold for 3 seconds and then bring it straight again. 		
---	--	--

O's

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.



Produced by: Orthopaedic Physiotherapy Department, October 2018.
Review date: October 2020