







Intrinsic hand muscle exercises

The intrinsic muscles are the muscles that sit within your hand and are important to improve the co-ordination and grip strength in your hand. Please begin the following exercises as instructed by your therapist:

<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>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>Tents</u> Starting with your hand flat, palm down on the table, bend up and the knuckles keeping the fingers straight, then lower again and repeat.</p>		

<p><u>Spreading the fingers (dorsal)</u> With the hand straight, bring the fingers apart.</p>		
<p><u>Pulling the fingers back in (palmar)</u> Bring your fingers back in together.</p>		
<p><u>Opposition</u> Take your thumb and little finger towards each other.</p>		

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