General hand exercises

You can use the following exercises to help improve the range of movement in stiff joints of your hand.

Fingers

1. Keeping your fingers straight, bend your knuckles as far as comfortable (apply a stretch). Straighten your fingers fully.

2. Holding your knuckles straight, bend the top two joints of your fingers as far as comfortable (apply a stretch). Straighten your fingers fully.

3. Bend your fingers at the middle joints and knuckles, whilst keeping the ends straight, so the tips of your fingers are touching the palm (apply a stretch). Straighten your fingers fully.

4a. Combining all three joints, bend your fingers into the palm of your hand, making a fist (apply a stretch). Straighten your fingers fully.

4b. If unable to achieve a full fist, once advised by your therapist, use your other hand to stretch the fingers into a fist.

5. Place the palm of your hand on the table, spread your fingers out sideways and then bring them together again. Repeat______ times every hour.

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Thumb

1. Hold the thumb firmly below the end joint. Bend the thumb tip and then straighten.

2. Supporting below the thumb joint to be exercised, bend the top joint of your thumb. Use your other hand to help this movement.

3. Touch each finger tip with your thumb. When touching the little finger tip, slide your thumb down until you are touching the palm.

4. Bend your thumb to the base of your little finger and then back again. Repeat _______ times every hour.

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