

Patient information factsheet

Finger exercises

This factsheet contains some finger exercises to help improve the range of movement in the joints of your fingers. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please contact us using the details at the end of the factsheet.

Please note that not all the exercises listed below may be suitable for you. We will advise which of these exercises to do at your appointment.

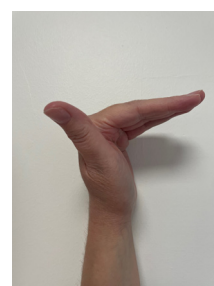
1. With your other hand, hold your affected finger, leaving the tip joint of your finger out. Bend the tip of your finger and then straighten. Repeat for each affected finger.



2. With your other hand, hold the base of your affected finger (the part nearest your hand). Bend your finger from the middle joint and then straighten. Repeat for each affected finger.



3. Start with your fingertips pointing up towards the ceiling. Keeping your fingers straight, bend your knuckles from the base of your fingers as far as is comfortable. Apply a stretch and then return to the original position with your fingertips pointing upwards.

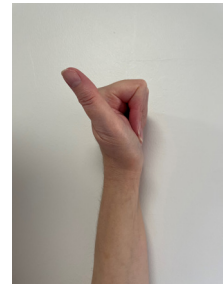


4. Start with your fingertips pointing straight up towards the ceiling. Bend the top two joints of your fingers as far as is comfortable. Apply a stretch and then straighten your fingers fully.



Patient information factsheet

5. Bend your fingers into your palm, keeping your fingertips as straight as possible. Apply a stretch and then straighten your fingers fully.



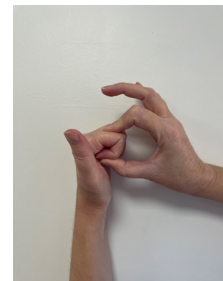
6. Make a fist by bending your fingers into your palm (leaving your thumb out). Apply a stretch and then straighten your fingers fully.



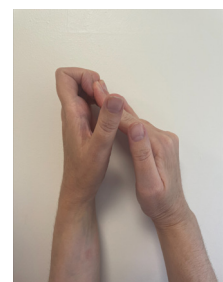
7. Place the palm of your hand on a table, spread your fingers out wide and then bring them together again.



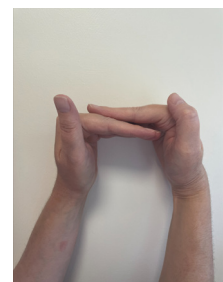
8. Use your other hand to gently bend each joint of your affected finger(s) into your palm. Hold for _____ seconds and then straighten your finger(s) fully.



9. Using your other hand, gently bend the top two joints of your affected finger(s) until you feel a stretch. Hold for _____ seconds and then straighten your finger(s) fully.

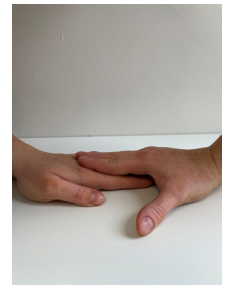


10. Using your other hand to help, gently bend your knuckles down on your affected hand as far as is comfortable. Keeping your hand in this position, bend and straighten the top two finger joints of your affected hand.



Patient information factsheet

11. Place the palm of your affected hand on a table. Using your other hand, push your fingers down towards the table to apply a stretch.



Repeat these exercises _____ times every hour during the day.

Contact us

If you have any concerns with your finger exercises, please contact us.

Hand therapy team

Telephone: **023 8120 6459** (Monday to Friday, 8am to 5pm)

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