

Patient information

Arthritis – Hand Exercises

Therapy Department

Why exercise helps?

- Exercising helps keep your joints flexible and your muscles strong.
- Exercising can reduce swelling and ease your pain.

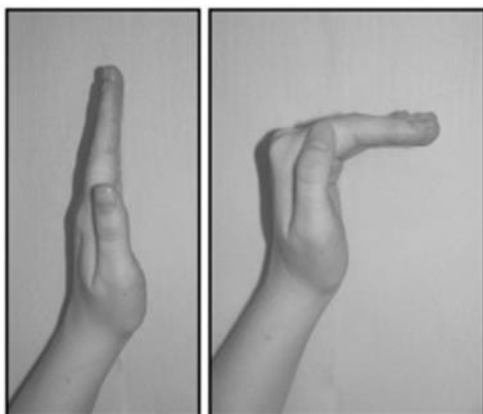
How often should I exercise?

- We encourage you to complete all the exercises each day.
- Exercises should be gentle and comfortable, without aggravating your pains.

Tips

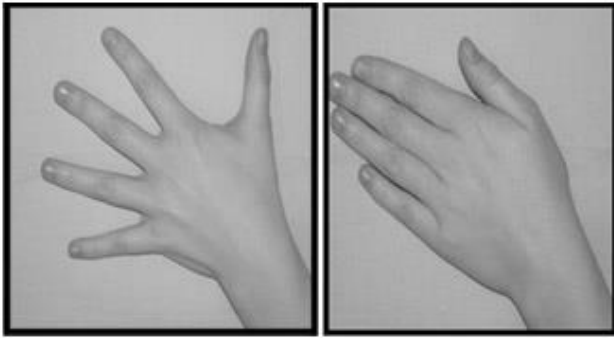
- Using warm water will warm on your hands and can relieve some stiffness before your start.
- If you use painkillers, you can time your exercises to when the tablets have started to work.
- You may get less benefit from the exercises if you are already tired before you start.
- If you are finding any exercises difficult or don't fully understand the exercises, you can ask your physiotherapist to demonstrate them again.

Exercise One



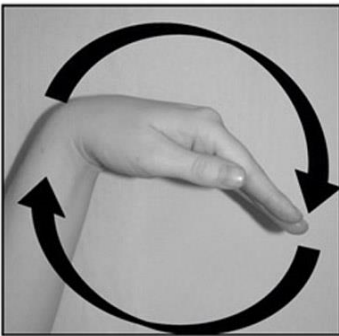
- Rest your elbow onto a table.
- Hold all four fingers together.
- Slowly bend all fingers at the knuckles, whilst keeping the fingers straight.

Exercise Two



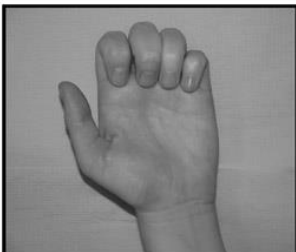
- Rest your palm down onto a table.
- Keeping your fingers straight, Open and close your fingers.
- Repeat.....times.

Exercise Three

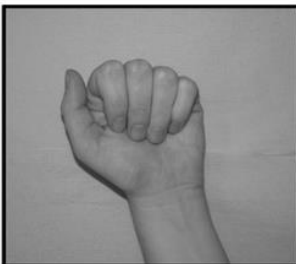


- Keep your forearm still, and move your hand around from the wrist in a circular motion.
- Repeat.....times.

Exercise Four



- Rest your elbow onto a table top.
- Start with your fingers straight.
- Bend the fingers over so your nails touch the base of your fingers.

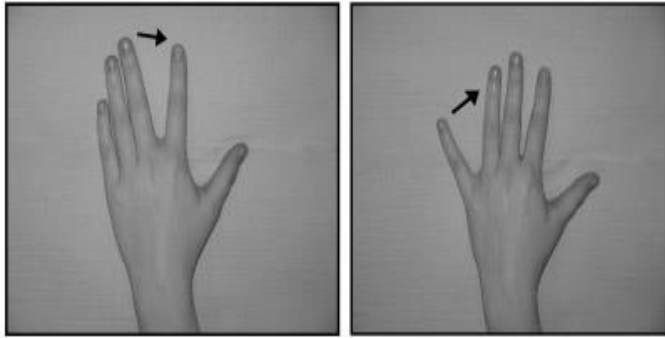


- Bring the fingers down so they touch the palm of your hand.



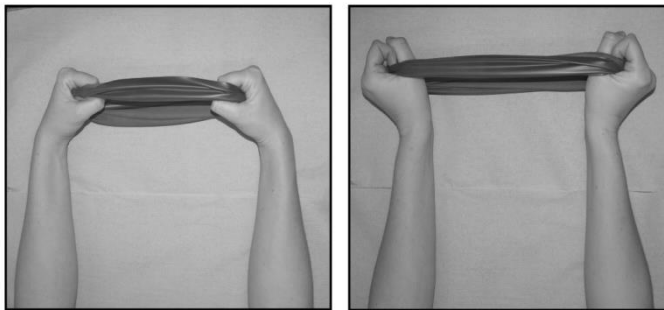
- Finally tuck your fingers in creating a closed fist.
- Repeat..... times.

Exercise Five



- Rest your palm down onto a table with your fingers straight.
- One finger at a time, lift the finger across the table towards the thumb.
- Start with the index finger, and finish with the little finger.
- Once all fingers are together in the finish position, start again.
- Repeat.....times.

Exercise Six



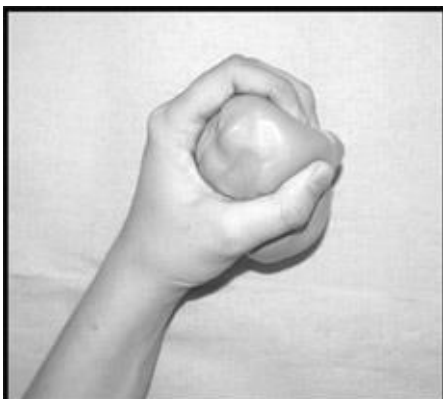
- Rest your arms down onto a table top, holding the loop of elastic in each hand.
- Stretch the band with both hands, and slowly allow the band to return to the start position.
- Repeat.....times.

Exercise Seven



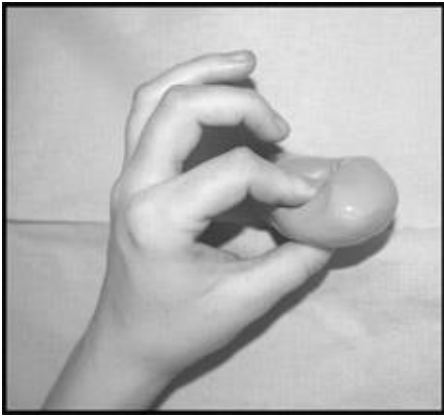
- In standing, lift your hand up and place behind your head.
- Move your arm out the side and then place in the small of your back.
- Repeat the whole action again.....times.

Exercise Eight



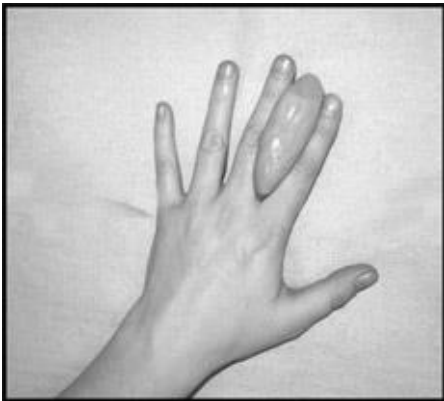
- Hold the in the palm of your hand and squeeze.
- Release your grip
- Repeat.....times.

Exercise Nine



- Hold the between your first finger and thumb and pinch together.
- Release your grip and Repeat.....times.

Exercise Ten



- Flatten your hand down onto a table top.
- Place the between your fingers and gently squeeze together.
- Repeat.....times.

We have provided a diary on the following pages. Your physiotherapist will guide you on how many repetitions of the exercises to complete. We would like you to score the difficulty of the exercises after you have completed them.

Use the table below to rate the difficulty out of ten

How hard did you work your hands during the exercises?	
0	Nothing at all
1	
2	
3	
4	Moderate
5	
6	
7	Hard
8	
9	
10	Very, very hard

Diary of your Exercises										
Score the difficulty, (using the table) after each set of exercises.										
Week One										
	Exercise and Score									
Day	1	2	3	4	5	6	7	8	9	10
One										
Two										
Three										
Four										
Five										
Six										
Seven										
Week Two										
	Exercise and score									
Day	1	2	3	4	5	6	7	8	9	10
One										
Two										
Three										
Four										
Five										
Six										
Seven										
Week Three										
	Exercise and Score									
Day	1	2	3	4	5	6	7	8	9	10
One										
Two										
Three										
Four										
Five										
Six										
Seven										

Diary of your Exercises										
Score the difficulty, (using the table) after each set of exercises.										
Week Four										
	Exercise and Score									
Day	1	2	3	4	5	6	7	8	9	10
One										
Two										
Three										
Four										
Five										
Six										
Seven										
Week Five										
	Exercise and score									
Day	1	2	3	4	5	6	7	8	9	10
One										
Two										
Three										
Four										
Five										
Six										
Seven										
Week Six										
	Exercise and Score									
Day	1	2	3	4	5	6	7	8	9	10
One										
Two										
Three										
Four										
Five										
Six										
Seven										

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

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