

Patient information

Finger Exercise Programme

Therapies Department

Your Occupational Therapist or Physiotherapist has selected the following exercises for you.

Only complete the exercises that have a tick next to them.

For each exercise hold the position for three to five seconds or as tolerated.

One



- Place the palm of your hand flat on the table.
- Spread fingers open then bring them back together.

Repeat five times. Do three sets per day.

Two



- Bend the top two joints of your fingers - keep your knuckles straight.
- Now fully straighten your fingers.

Repeat five times. Do three sets per day.

Three



- Bend your knuckles and the first joint of your fingers.
- Keep the end joint of your fingers straight and touch your palm.
- Now fully straighten your fingers.

Repeat five times. Do three sets per day.

Four



- Make a fist.
- Now fully straighten your fingers.

Repeat five times. Do three sets per day.

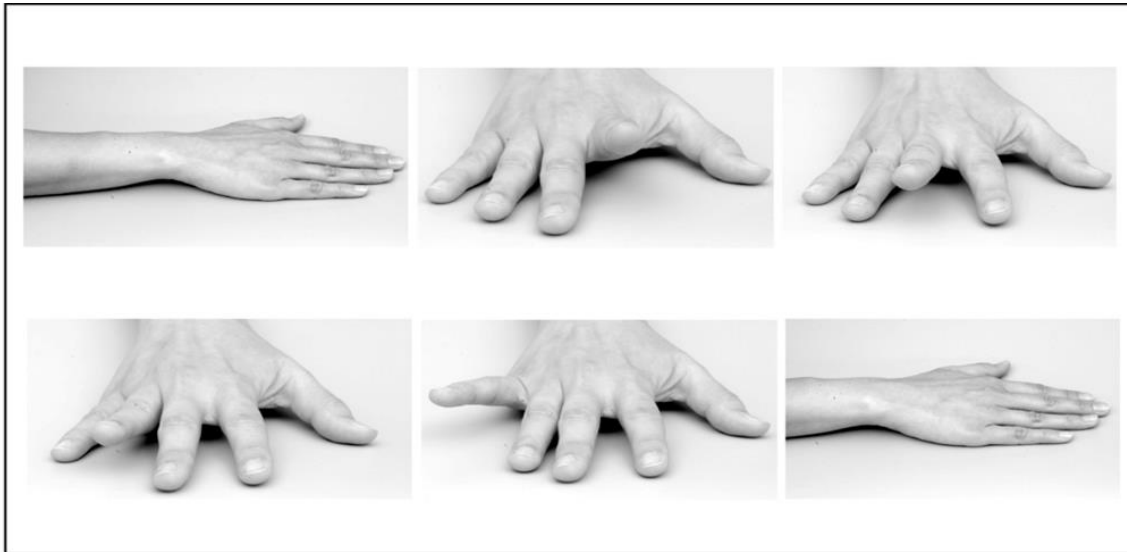
Five.



- Place your palm flat on the table.
- Bend your knuckles.
- Keep your fingers straight with your fingertips touching the table.
- Now straighten your knuckles.

Repeat five times. Do three sets per day.

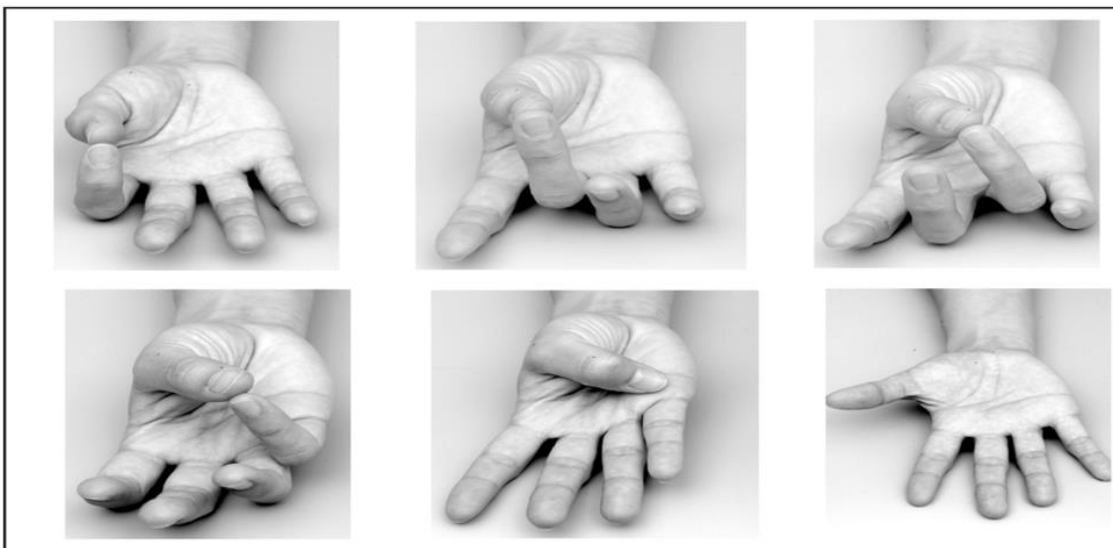
Six



- Place your palm flat on the table.
- Lift each finger individually off the table

Repeat five times. Do three sets per day.

Seven



- Touch the tip of each finger with your thumb.
- Now touch the base of your little finger with your thumb.
- Now stretch out your thumb.

Repeat five times. Do three sets per day.

Eight



- Place the palm of your hand flat on the table.
- Spread fingers open then bring them back together.
- Bend the top two joints of your fingers - keep your knuckles straight.
- Place your palm flat on the table.
- Starting with your index finger, walk each finger towards your thumb.
- Repeat the exercise without letting your fingers return to their starting position.
- **Repeat five times. Do three sets per day.**

During a flare up adjust your exercise regime within your limits

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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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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