

INFORMATION FOR PATIENTS

Hand Therapy: Finger exercises

These are specific exercises to help improve your finger movement.

When you do these exercises, rest your elbow on a table if you can. If this is difficult, rest your hand on its side. Keep your wrist straight.

Exercises may involve:

Active movement

Using your own muscle power to do the movements.

Passive movement

Using your other hand to assist the movement of your affected one.

How hard do I push?

With each exercise, take the movement only as far as you feel an uncomfortable stretch. Then hold this stretch for a few seconds. Avoid sharp pain.

Exercises

1) Straight

Stretch your fingers up straight.



2) Roof top

Bend from your knuckles. Keep the rest of your finger joints straight.



3) Half fist

Bend from your knuckles and then bend the next joint up. Keep the last joint straight.



4) Full fist

Bend all of your finger joints.



5) Hook fist

Keep your knuckles up straight, bend your other finger joints.



6) Joint blocking

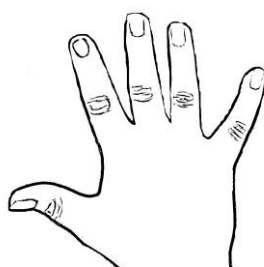
a) Block your first joint. Bend the second joint.

b) Block the second joint. Bend the third joint



7) Open/close

Spread your fingers apart and back together.



Contact details

If you have any questions or concerns about your exercises or your condition, please contact your hand therapist:

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on (01623) 622515, extension

For appointment queries please contact Therapy Services reception at King's Mill Hospital on (01623) 622515, extension 3221, or Newark Hospital on 01636 685885.

You should not miss your appointment with the hand specialist or hand therapist if one has been requested.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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