

Hand Therapy

Basic Finger Exercises

Try to move your fingers as far as possible in each direction. Feel a gentle stretch but remain within your pain limit. Make sure you also move your shoulder, elbow, wrist and thumb regularly.

Try to do these exercises.....

1. Try to make a fist



2. Help each finger to make a fist by using your other hand. Hold for 30 seconds.



3. Try to straighten your fingers fully.



4. Help each finger to straighten by using your other hand. Hold for 30 seconds.



To book, cancel or change therapy appointments call: **01342 414004**
To speak to a therapist for clinical advice or queries call: **01342 414072**
Information at www.qvh.nhs.uk - Our services/Therapies/Hand Therapy