





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.....

<p>1. Try to make a fist</p> 	<p>2. Help each finger to make a fist by using your other hand. Hold for 30 seconds.</p> 
<p>3. Try to straighten your fingers fully.</p> 	<p>4. Help each finger to straighten by using your other hand. Hold for 30 seconds.</p> 

To contact us email: qvh.handtherapy@nhs.net
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Information at www.qvh.nhs.uk - Our services/Therapies/Hand Therapy