

# Hand Therapy

## Extension 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. Straighten your fingers. 2. Make a table top then straighten. 3. Make a flat fist then straighten. 4. Make a hook then straighten. 5. Make a fist then straighten.

6. Using your other hand, push the knuckle at the bottom of your finger forwards. Keeping it bent, straighten the tip of your finger. Hold for 30 seconds.

7. With your palm facing you, use your other hand to push the knuckles at the bottom of your fingers bent. Then straighten the tips of your fingers using your own muscle strength. Repeat bending and straightening.

8. Using your other hand, push your finger straight, hold for 30 seconds.

9. Rest your fingers in a hook shape, keeping the hook shape rock your bottom finger knuckle up towards the ceiling.

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