






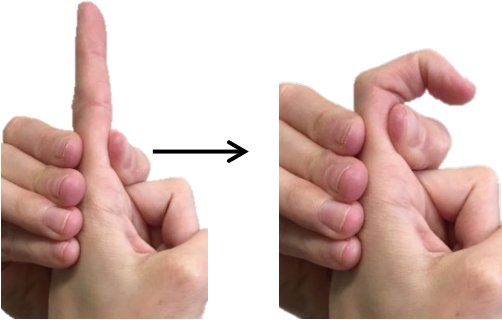
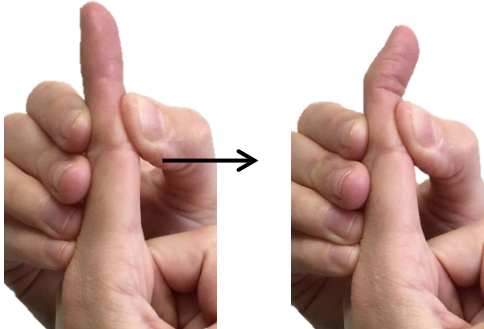


Hand Therapy

Flexion 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.	 2.	 3.	 4.	 5.
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. Push into a fist, hold for 30 seconds.		 7. Push into a hook, hold for 30 seconds.		
 8. Stop the bottom finger joint from moving, and bend the top two joints.		 9. Stop the bottom and middle finger joints from moving and bend the tip.		

To contact us email: qvh.handtherapy@nhs.net

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Information at www.qvh.nhs.uk - Our services/Therapies/Hand Therapy