

Hand Exercises

Patient name:
NHS no:
Hospital no: <small>Please only patient ID label within this box</small>
DOB:

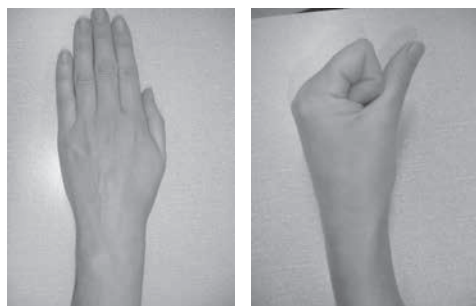
Please only complete the exercises that your therapist advises. You may experience some discomfort when completing these exercises, if your pain is excessive please discuss this with your therapist.

Name of therapist _____

Contact details: _____

Please bring this leaflet with you if you attend an outpatient hand therapy appointment

Hand Flexion/Extension



Keeping your wrist straight make a fist; make sure all your fingers bend as much as

they can. Then straighten your fingers as much as possible until you feel a stretch.

Repetitions _____

Times per day _____

MCP Flexion

Keeping your wrist straight, bend your big knuckles, keeping your finger joints straight.

Repetitions _____

Times per day _____



Hook

Keeping your wrist and big knuckles straight, bend your finger joints as far as you can, then straighten your fingers.

Repetitions _____

Times per day _____



Thumb Opposition

Touch the tip of each finger with your thumb. When you can reach your little finger, aim to slide your thumb down towards its base.



Repetitions _____

Times per day _____

Thumb Flexion

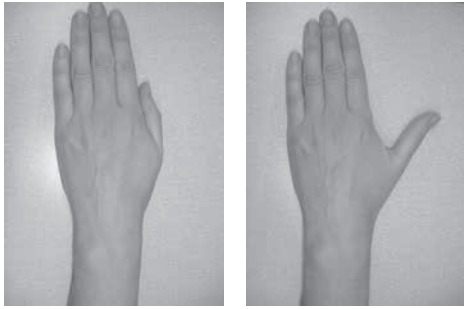
Slide your thumb across your palm towards your little finger, bending both the tip and knuckle as far as you can. Keep your thumb "stuck" to your palm.

Repetitions _____

Times per day _____



Thumb Extension



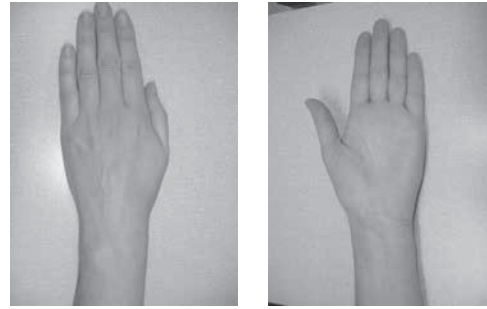
With your hand on a table begin with your thumb against your index finger and then slide your

thumb away from the finger as far as you can.

Repetitions _____

Times per day _____

Pronation/supination



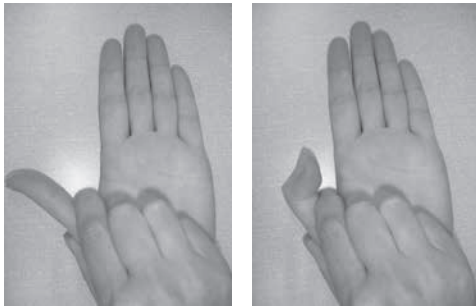
Keeping your elbow tucked into your side, turn your palm to face up and then down.

Repetitions _____

Times per day _____

Thumb IPJ Flexion/Extension

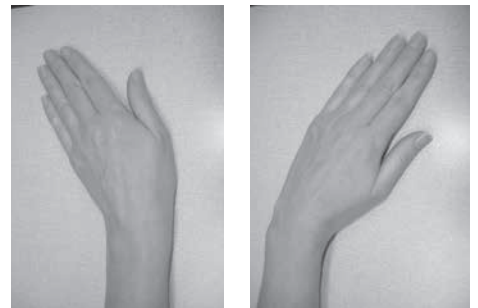
Holding the base of your thumb, bend and straighten the tip of your thumb.



Repetitions _____

Times per day _____

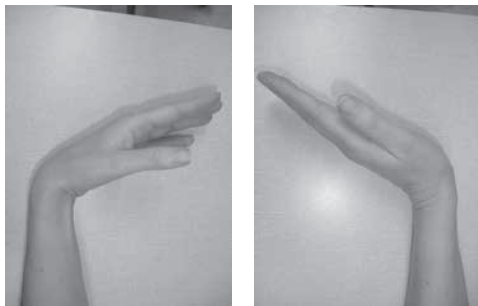
Keeping your forearm still, move your wrist from side to side (towards your thumb then towards your little finger).



Repetitions _____

Times per day _____

Wrist Flexion/Extension



Keeping your elbow still and fingers relaxed, bend your wrist forwards, then bend

your wrist backwards.

Repetitions _____

Times per day _____

Notes, to include date of review.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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