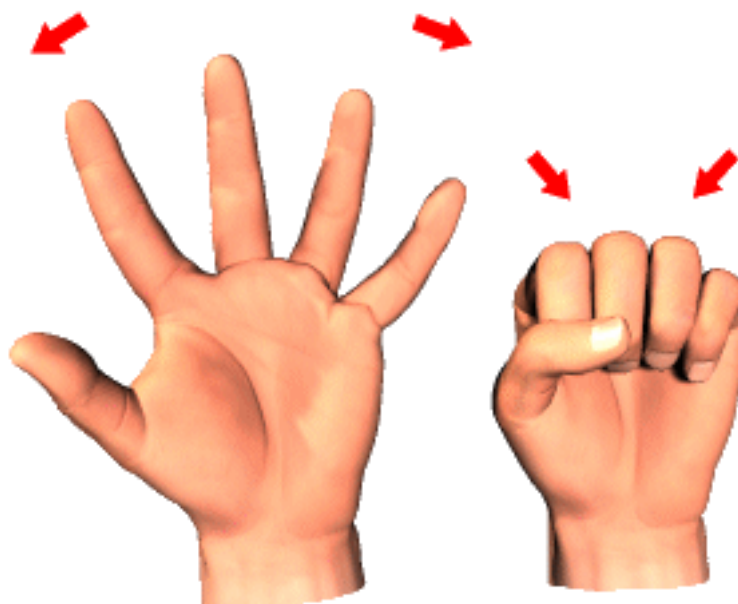


MSK ICATS Hand and Wrist Service General Finger Exercises



The following are specific exercises which will improve your finger movement. When carrying out these exercises always rest your elbow on a table or a surface such as the armrest of an armchair. Try and keep your wrist straight.

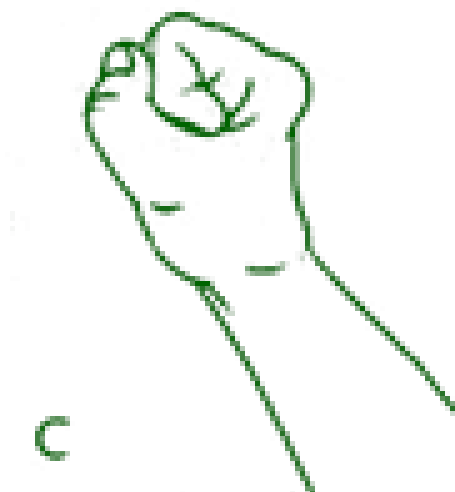


Step 1: Stretch your fingers up straight

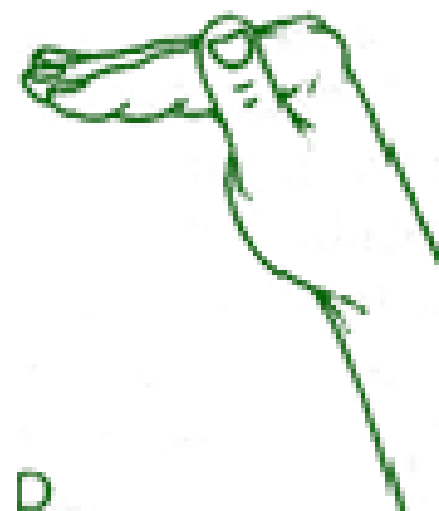


Step 2: Keep your main knuckles up straight, and then bend your other finger joints.

Step 3: Bend all your fingers joints into a fist



Step 4: Bend your main knuckles but keep all other finger





Step 5: Bend your main knuckles and the next joint up. Keep the last joint straight

Repeat the above exercises 10 repetitions once or twice daily. This will improve hand movement

What to do next?

If your symptoms persist or get worse please contact us on **0300 303 8063** to organise an appointment with a clinician. You do not need to go back to your GP.