

Personal exercise program

Finger mobilising exercises

Poole Hospital NHS Foundation Trust

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Provided for

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Rest elbow on a table.

Touch the tip of your thumb to each fingertip and run it down to the palm in turn.

Repeat _____ times.



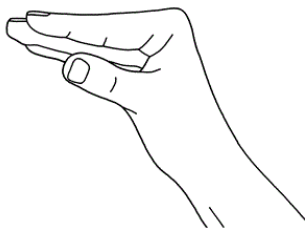
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Rest elbow on a table.

Starting with fingers straight, curl the tips of your fingers down into a hook.

Return the fingers to a straight position.

Repeat _____ times.



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Rest elbow on a table.

Keeping your fingers straight, bend your big knuckles down.

Repeat _____ times.



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Forearm supported on a table with palm facing down.

Bend your big knuckles keeping the fingers straight. Then straighten your big knuckles.

Repeat _____ times.



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Rest elbow on a table.

Curl the tips of your fingers down to make a fist.

Open the fingers and spread them apart.

Repeat _____ times.



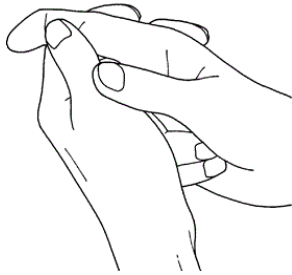
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Forearm on a table, palm facing up.

Straighten your fingers by pressing your nails towards the table.

Your therapist will advise you how much to stretch.

Repeat _____ times.

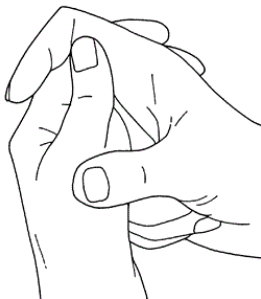


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Support below the finger joint to be exercised.

Bend your finger tip and then straighten it.

Repeat _____ times.



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Support below the finger joint to be exercised.

Bend the middle joint of your finger and then straighten it.

Repeat _____ times.