

Isolated Finger Joint Exercises

This leaflet explains more about isolated finger joint exercises for patients with hand or finger injuries under the care of the St George's Hospital hand therapy team. Please ensure that you only exercise as instructed by your therapist.

If you have any further questions, please speak to your therapist.

Why should I do isolated finger joint exercises?

You have two tendons in your finger which make it bend. Doing isolated exercises singles out each tendon and works them individually.

You may find your joints and muscles feel stiff or painful to begin with, but as you carry on with these exercises this should get better.

How often should I do my exercises?

These exercises should be done _____ times per day.

You should hold each position for _____ seconds.

What exercises should I do?

Exercise one

Hold the affected finger below the tip joint with the other hand. Straighten your finger as far as possible.

Hold the affected finger firmly at the middle joint so that only the tip joint can move. Bend the tip joint down as far as possible.

Repeat times

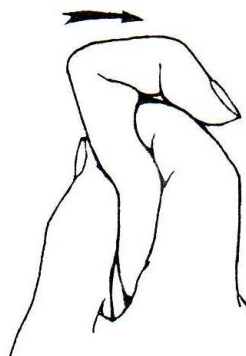
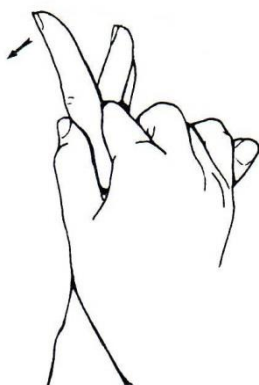


Exercise two

Hold the base of the finger using the other hand, so that the tip and middle joints are free. Straighten the middle joint as far as possible.

Hold the base of the finger using the other hand. Bend the middle joint as far as possible.

Repeat times



Additional instructions

Contact us

If you have any questions regarding the information provided in this leaflet, please feel free to discuss them with your therapist at your next appointment.

For more urgent queries the team can be contacted on the **treatment enquiries** phone number listed below.

Your therapist's name is _____

Treatment enquiries: 020 8725 1038 (answer phone only)

Appointments: 020 8725 3000

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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