

Hand Exercises

This leaflet offers more information about exercises for patients with wrist, 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 or concerns, please speak to the staff member in charge of your care.

Why should I do hand exercises?



These exercises may help to reduce stiffness and increase the amount you can move your fingers. You may find your joints and muscles feel stiff or painful to begin with, but as you continue with the exercises this should improve.

How should I do my exercises?

You will need to do these exercises either passively or actively – your therapist will let you know which.

-  **passively** – where you push your fingers into a position with your unaffected hand.
-  **actively** – where you use your affected hand on its own, using its muscles to move your fingers in to position.

How often should I do my exercises?

-  These exercises should be donetime per day
-  You should hold each position for seconds.

What exercises should I do?

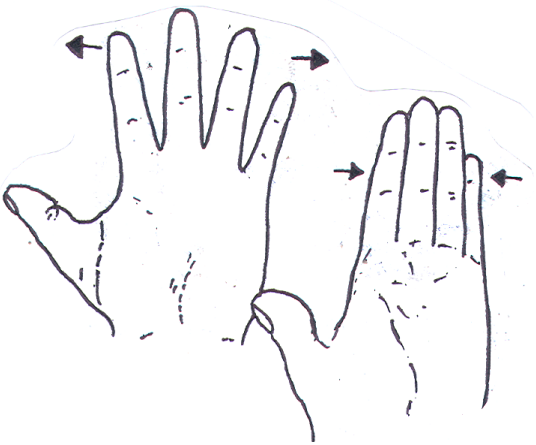
Repeat each exercise.....times.

1. Straighten



Straighten your fingers as far as possible; hold; relax.

2. Span



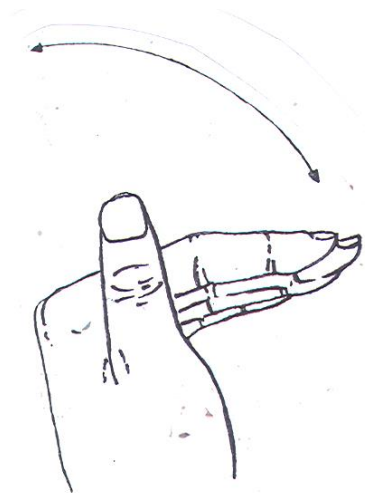
Straighten your fingers and spread them open; hold; bring your fingers in together; hold; relax.

3. Hook



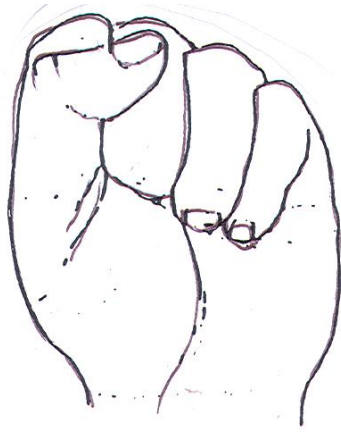
Keeping your fingers together, and keeping the main knuckles straight, bend the top and middle joints of each finger together; hold; relax.

4. Table top



Keeping your fingers together bend them from the main knuckles, keeping the top and middle joints straight; hold; relax.

5. Fist



Aim to make a full fist; hold; relax.

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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