

# Foam Block Hand Exercises

This leaflet explains more about therapeutic exercises, using a foam block, for patients with wrist, hand or finger injuries under the care of the St George's hospital hand therapy team. If you have any further questions or concerns, please speak to your therapist.

## Why should I do resistive hand exercises?

As your hand gets better after injury or surgery, you may find that you need to work the strength of the muscles to enable you to use your hand more normally day-to-day. Using a foam block can help to improve the movement and strength in your hand.

## How often should I do my exercises?

The following exercises need to be done \_\_\_\_\_ times each.

Hold for \_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per day.

## What exercises should I do?

Your therapist will advise you on which exercises to complete – only do the ones that are ticked. When completing the exercises make sure you move slowly and gently aiming to stay within your level of comfort.

For all of the exercises, ensure that you pinch or squeeze the middle of the foam block. Exercises should not cause sharp pain or swelling. If the exercises increase your pain, reduce the amount of force you are using. If the pain remains, discontinue the exercises and let your therapist know.

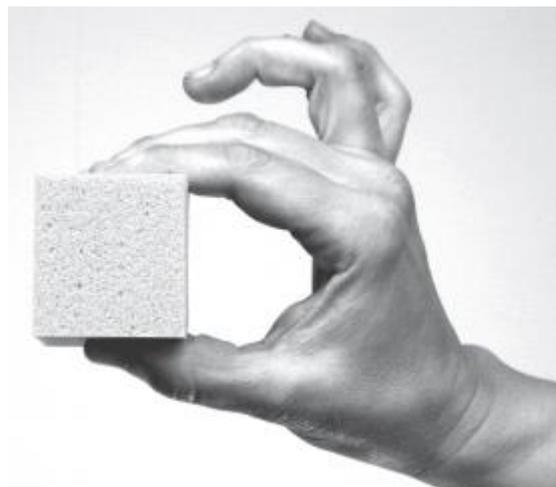
### Grip

Hold the foam block in the palm of your hand.  
Make a fist and squeeze.



### ❑ Three Finger Pinch

Hold the block with your thumb on one side and your index and middle fingers on the other side. Squeeze the foam, pinching it between your thumb and fingers.



### ❑ Tip-to-tip pinch (index finger only)

Squeeze the block between your thumb and index finger. Relax your grip.



### ❑ Thumb Flexion

Hold the block in the palm of your hand. Place your thumb on one end. Push into the block with the tip of your thumb.



## ☐ Tip grip

Hold the foam block in the palm of the hand. Place the tips of your fingers on one side of the block. Using only the tips of your fingers press your fingers towards the palm of the hand.



## 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 telephone number listed below.

**Your therapist's name is:** \_\_\_\_\_

**Treatment enquiries:** 020 8725 1038 (answer phone only)

**Appointments:** 020 8725 0007



For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)

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## 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](mailto: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](http://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](http://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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