

# 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. If you have any further questions, please speak to a doctor or therapist caring for you.

## Why should I do isolated finger joint exercises?

You have two tendons in your finger which make it bend. Isolated exercises work each tendon individually.

Please ensure that you only exercise as instructed by your therapist. If you have any further questions, please speak to your therapist.

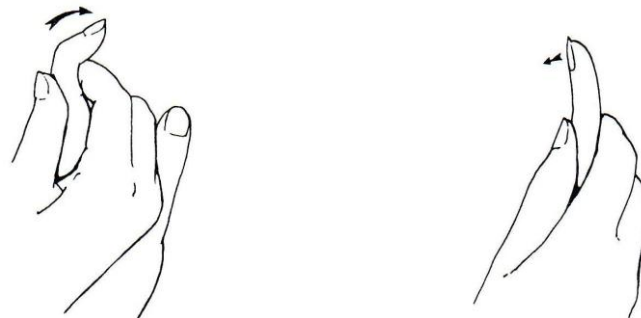
## How often should I do my exercises?

These exercises should be done \_\_\_\_\_ times each. You should hold each position for \_\_\_\_\_ seconds. Repeat these exercises \_\_\_\_\_ times per day.

## What exercises should I do?

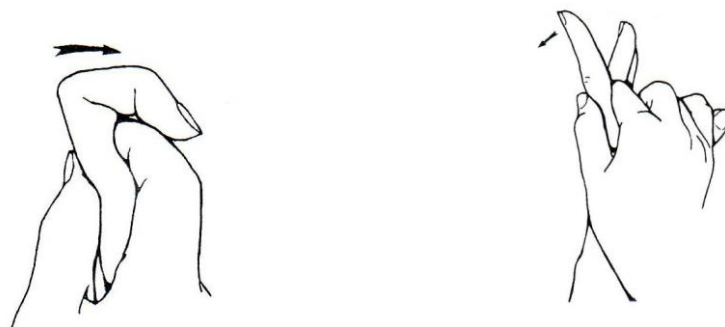
### Exercise one

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. Gently bring the tip joint back into a straight position.



### Exercise two

Hold the base of the finger using the other hand, so that the tip and middle joints are free. Bend the middle joint as far as possible. Gently bring the middle joint back into a straight position.



## 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 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.

