

Hand Strengthening Exercises for Rheumatoid Arthritis

This leaflet provides information on hand strengthening exercises for patients with rheumatoid arthritis and who are under the care of the hand therapy team at St George's Hospital. If you have any further questions on the information in this leaflet, please speak directly to your therapist.

Rheumatoid Arthritis and Exercise

Rheumatoid arthritis is a long-term condition that causes pain, swelling and stiffness in the joints. The symptoms usually affect the hands, feet and wrists. Rheumatoid arthritis can affect many parts of the body differently. In the hand you may notice that some joints appear stiffer and more swollen. You may also notice that your symptoms fluctuate over the course of the day or even a week.

The following exercises are designed to help keep the joints in your fingers, thumb and wrist from getting stiff and to assist with improving the strength in your muscles.

Your therapist will advise which exercises are going to be most useful for you.

Prior to commencing your exercises, it is useful to warm up your hands, either by soaking your hands in a bowl of warm water or by using a heat pack. This can help reduce some of the stiffness in your joints and make it easier to do your exercises.

Finger Exercises

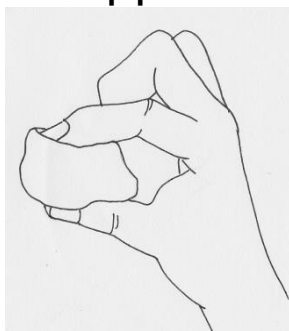
You will be given some soft resistance putty to complete the exercises below:

Gross grip



Form a ball with the putty. Squeeze the putty with all your fingers.

Tip pinch



Pinch the putty between your thumb tip and the tip of each finger in turn.

Finger adduction



Squeeze the putty between two fingers. Repeat for each finger.

Wrist exercises



Using your left hand, gently push your right wrist up towards the ceiling without using any muscle power.

Take your left hand away and slowly lower your right wrist towards the ground.

Swap hands and do the same exercise on the other side.

Do each exercise _____ times. Hold for _____ seconds. Complete _____ times a day.

Useful sources of information

Versus Arthritis

Copeman House, St Mary's Court,
St Mary's Gate, Chesterfield S41 7TD

Phone: 0300 790 0400

Website: www.versusarthritis.org

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 is _____

Treatment enquiries: 020 8725 1038

Appointments: 020 8725 0007

Or scan
here



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

Was this information helpful? Yes / No

Please let us know, contact patient.information@stgeorges.nhs.uk and include the leaflet title.

Thank you.

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

The Walk-in and Advisory telephone services are closed on Wednesdays.

Please contact PALS in advance to check if there are any changes to opening times.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

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

NHS UK

The NHS 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 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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