

Hand Exercises

This leaflet offers information about 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 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 often should I do my exercises?

- Repeat each exercise..... times.
- You should hold each position for..... seconds.
- These exercises should be done times per day.

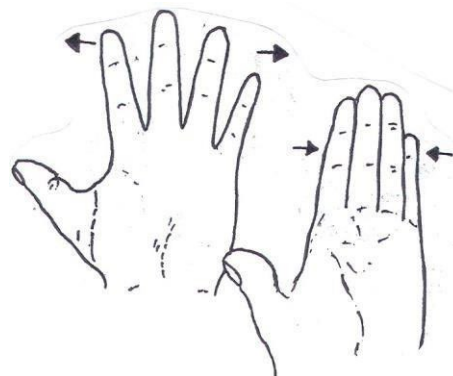
What exercises should I do?

1. Straighten



Straighten your fingers as far as possible; relax.

2. Span



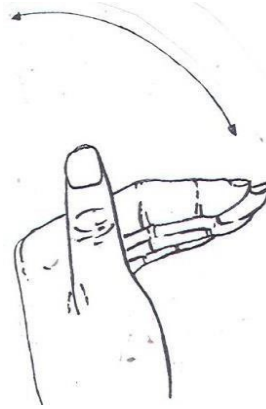
Straighten your fingers and spread them open; bring your fingers in together

3. Hook



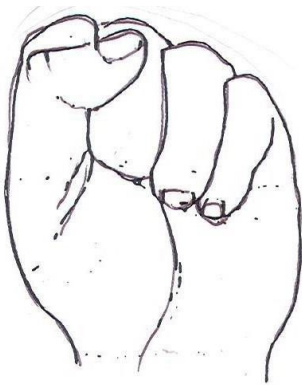
Keep the main knuckles of your fingers straight; bend the top and middle joints of each finger together.

4. Table-top



Keeping your fingers together bend the main knuckles, keeping the top and middle joints straight.

5. Full fist



Aim to make the best fist you can with your fingers; bring your fingers back to straight.

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 is: _____

Treatment enquiries: 020 8725 1038

Appointments: 020 8725 0007

Email: handtherapy@stgeorges.nhs.uk

Or scan
here



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 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.

Please contact PALS in advance to check if there are any changes to opening times. The Walk-in and Advisory telephone services are closed on Wednesdays.

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

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 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.



Reference: THE_HEX_05 Published: May 2026 Review date: May 2028

