

Hand Therapy- Upper Limb Unit

General hand exercises

These exercises are a combination of active and passive. A passive exercise is when the joint or joints are moved using your other hand. An active exercise is when the joints are moved independently using muscles. Both types of exercise are important in improving movement of the hand.

Complete the exercises indicated by your therapist.....times per day.....repetitions of each.

Passive wrist range of movement

Exercise one

- Place your upper arm by your side with elbow bent. Using your unaffected hand hold your wrist and turn the forearm palm up.
- Hold from the other side of the wrist and turn your forearm palm down.
- Make sure your upper arm remains firmly by your side when completing these exercises.



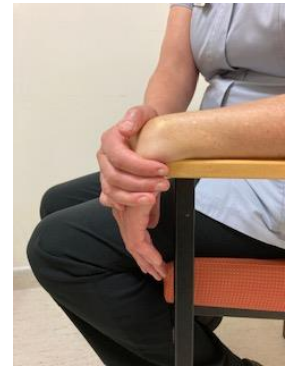
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Exercise two

- Place your forearm on a table with your hand over the edge palm facing down.
- Apply pressure to the band of the hand to bend the wrist downwards.



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Exercise three

- Place your elbow on the table forearm vertical.
- Apply pressure to the palm of the hand too bend the wrist backwards.
- Make sure your forearm remains vertical whilst applying the stretch.
- Other option is to place the palms together and raise the forearms up and outwards. Make sure your palms remain together as you apply the stretch.



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Active wrist range of movement

Exercise one

- With your upper arm by your side turn your palm to face up and down.
- Make sure your upper arm remains firmly by your side as you do this.



Exercise two

- Place your forearm on a table. Move your wrist backwards allowing the fingers to gently curl as you do so.
- Move your wrist forwards allowing your fingers to gently straighten as you do so.



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Exercise three

- Place your hand flat on a surface. Hold your forearm still whilst you move your wrist from side to side.



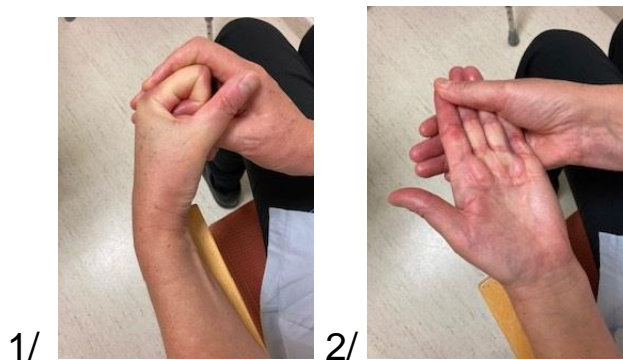
Passive finger range of movement

Exercise one

- Press each finger one at a time into a bent position.

Exercise two

- Apply a stretch to straighten your fingers.



Active finger range of movement

Exercise one

- Make a fist then straighten the fingers.

Exercise two

- Bend and straighten at your knuckles, keeping the other finger joints straight.

Exercise three

- Bend and straighten the top two finger joints, keeping your knuckles straight.



Exercise four

- Place your palm on a table. Lift each finger one at a time, followed by the thumb.

Exercise five

- Place your palm on a table, spread your fingers apart and back together.4/ 5/



Passive thumb range of movement

Exercise one

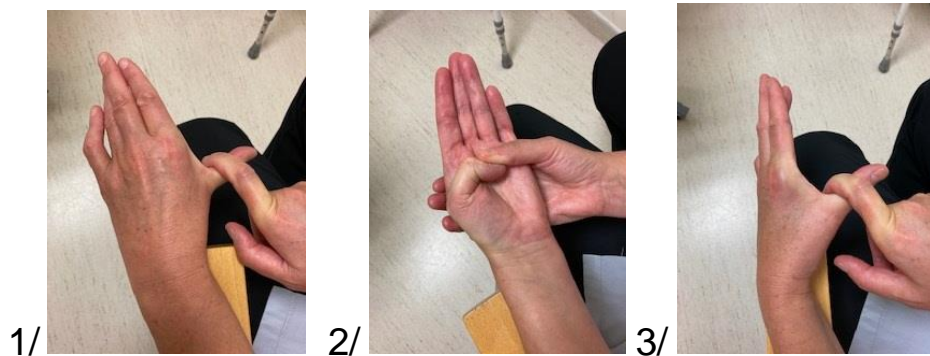
- Place your palm on a table. Stretch the thumb out to the side between the thumb and index finger.

Exercise two

- Apply pressure to the thumb nail and push into a bend towards the bottom of the little finger

Exercise three

- Place your hand on the side thumb in line with the front of the index finger. Stretch the thumb away from the palm keeping it in line with the index finger.



Active thumb range of movement

Exercise one

- Touch the thumb to the base of each finger.

Exercise two

- Touch the thumb to the base of each finger. Try to make an “O” shape as you do so.

Exercise three

- Move your thumb to the side away from the fingers

Exercise four

- Move your thumb away from the palm in line with the index (first) finger



Patient Information

Please speak to your therapist regarding any information in this leaflet or contact us:

Telephone: 024 7696 6013 for physiotherapy at **University Hospitals Coventry and Warwickshire**

Telephone 01788 663257 for physiotherapy at **St Cross Hospital Rugby**

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