

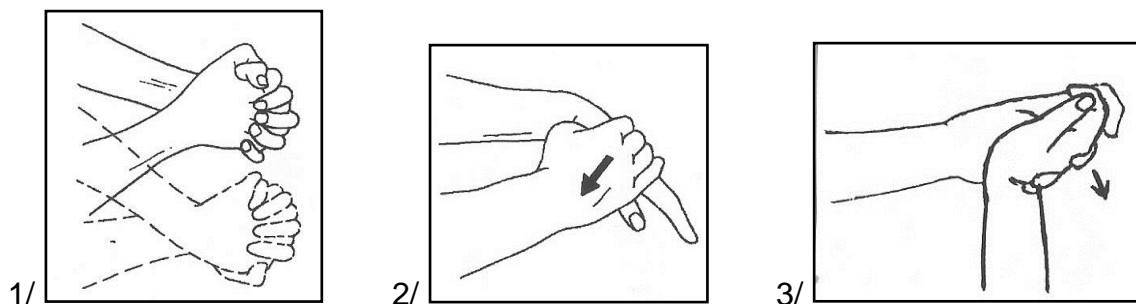


Hand Therapy- Upper Limb Unit

General hand exercises

Follow these exercises as directed by your therapist.

Passive wrist range of movement



Exercise one

- Clasp your hands together and tuck your elbows into your sides. Turn your palms up and then down.

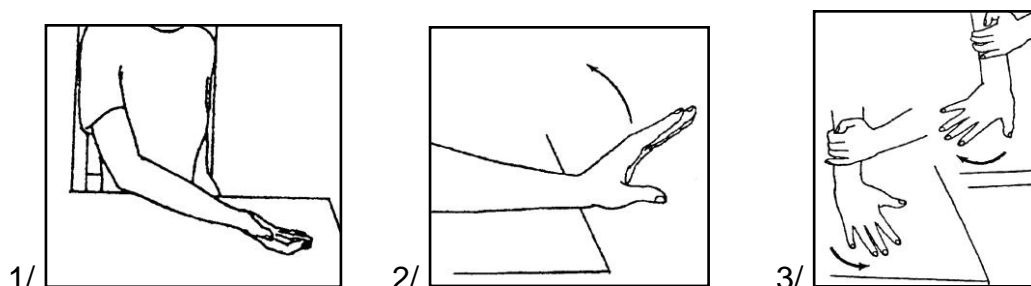
Exercise two

- Place your forearm on a table with your hand over the edge, palm down. Let your hand drop down, over press with the other hand.

Exercise three

- Bend your wrist back and over press with your other hand.

Active wrist range of movement



Patient Information

Exercise one

- With your elbow tucked in by your side, turn your palm up and down.

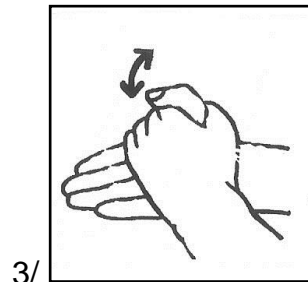
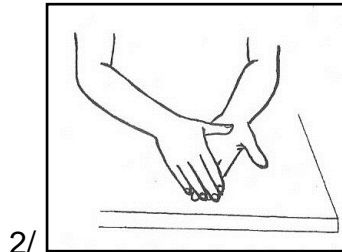
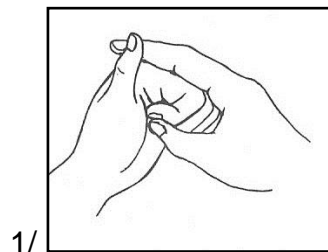
Exercise two

- Place your forearm on a table with your hand over the edge. Lift and lower your hand.

Exercise three

- Keep your forearm still whilst you wave your hand from side to side.

Passive finger range of movement



Exercise one

- Make a fist. Press each finger, one at a time, towards a full curl.

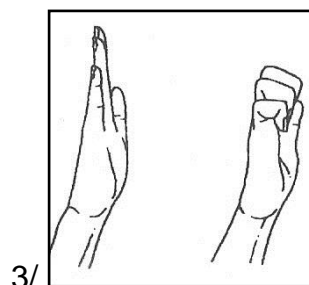
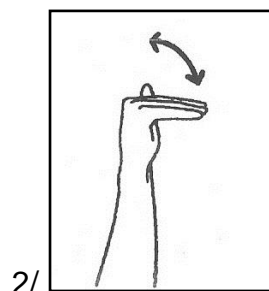
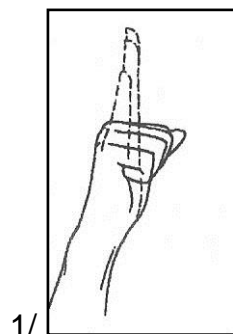
Exercise two

- Use opposite hand to straighten your fingers.

Exercise three

- Stretch the thumb and first finger apart, using the other hand.

Active finger range of movement



Exercise one

- Make a fist then straighten the fingers.

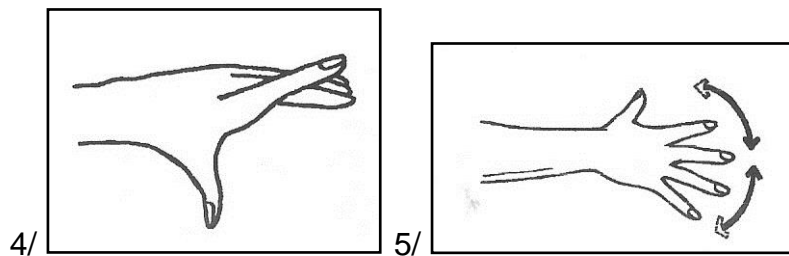
Exercise two

- Bend and straighten at your knuckles, keeping the fingers straight.

Exercise three

- Hook and straighten your fingers, keeping your knuckles straight.

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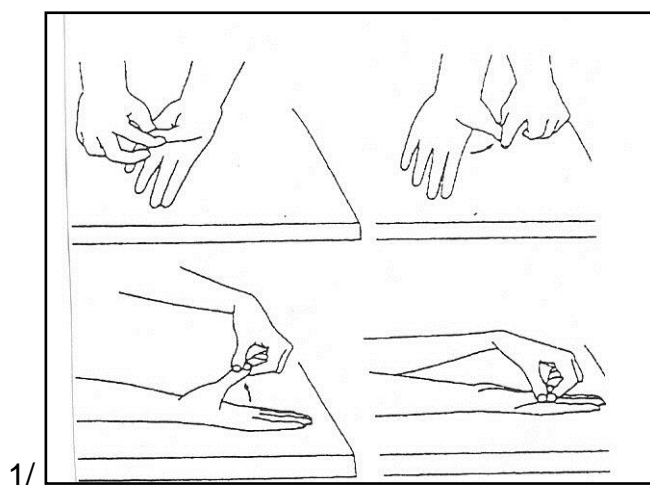
Exercise four

- Palm on a table. Lift each finger one at a time, including the thumb.

Exercise five

- Palm on a table, spread your fingers and bring them together.

Passive thumb range of movement



Exercise one

- Hold the thumb with the opposite hand. Move your thumb to the little finger and out to the side. Raise your thumb straight up and then down.

Active thumb range of movement



Exercise one

- Touch the thumb to the base of each finger.

Exercise two

- Circle the thumb.

Exercise three

- Make an 'O' shape with the thumb and each finger in turn.

Further Information

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

Patient Information

- **Telephone: 024 7696 6013** for Physiotherapy at **University Hospitals Coventry and Warwickshire**
 - **Telephone 01788 663257** for Physiotherapy at **Hospital of St Cross, Rugby**
- For further information please visit our hand service web site
<http://tinyurl.com/uhcwhand>

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Document History - Author: Elaine Carr **Department:** Physiotherapy **Published:** July 2010 **Reviewed:** June 2019 **Review:** June 2021 **Version:** 6.1 **Reference No.:** HIC/LFT/1063/10