

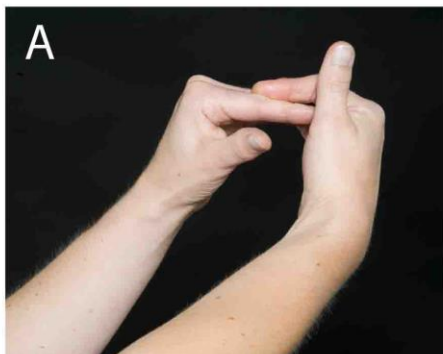


Upper Limb Unit: Hand Therapy

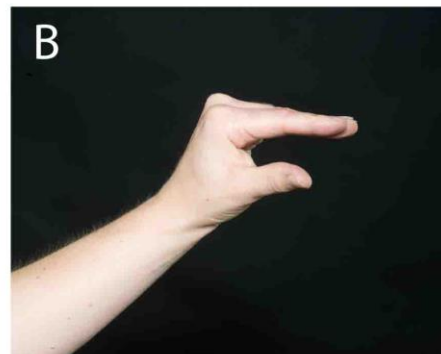
Finger and thumb exercises

The following combination of finger and thumb exercises should be completed as indicated by your therapist.....times per day.....repetitions of each exercise.

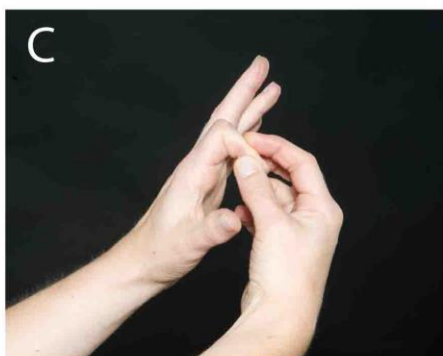
The exercises illustrated are a combination of passive and active exercises. A passive exercise is when the joint or joints are moved using the other hand. An active exercise is when the joint or joints move independently with muscle power. Both types of exercises are important in improving the movement of your joints.



Passively push the first finger joint into a flexed position



Actively flex and extend the first finger joint

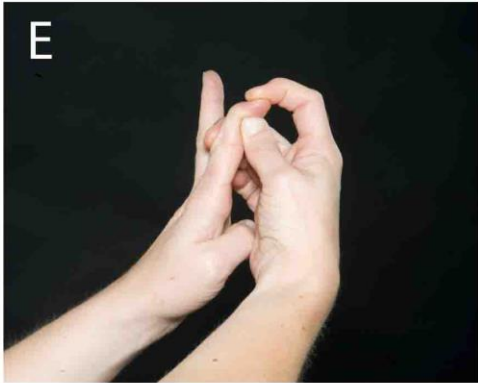


Passively push the middle finger joint into a flexed position

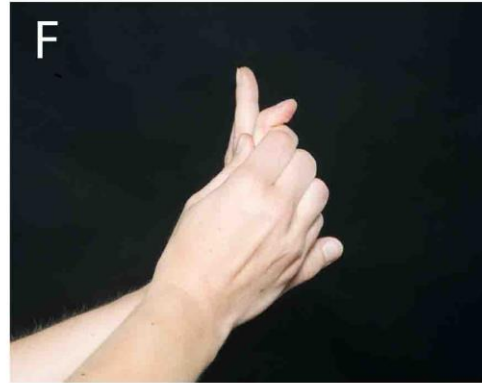


Actively flex and extend the middle finger joint

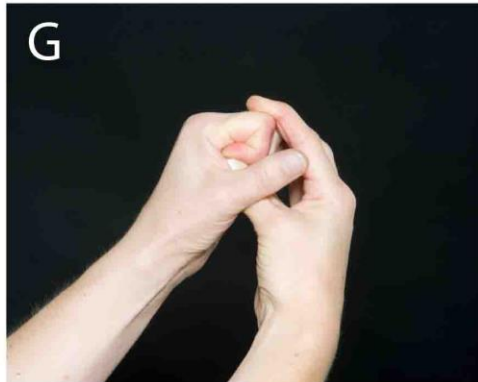
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Passively push the end finger joint into a flexed position



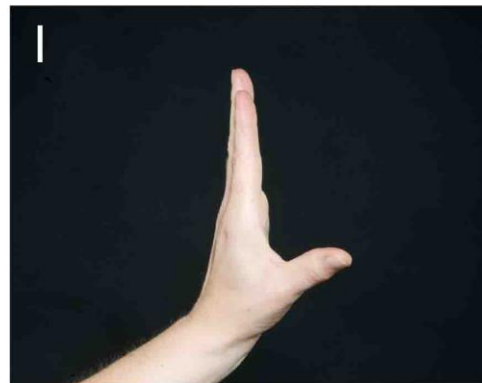
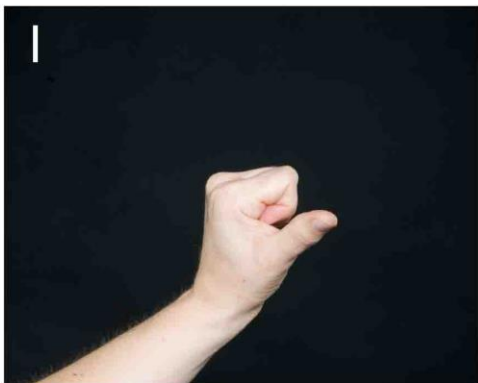
Actively flex and extend the end finger joint



Passively push all three finger joints into a flexed position



Passively stretch all three fingers joints into an extended position

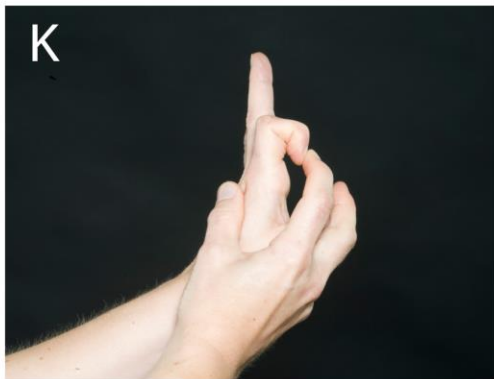


Actively flex and extend all three finger joints

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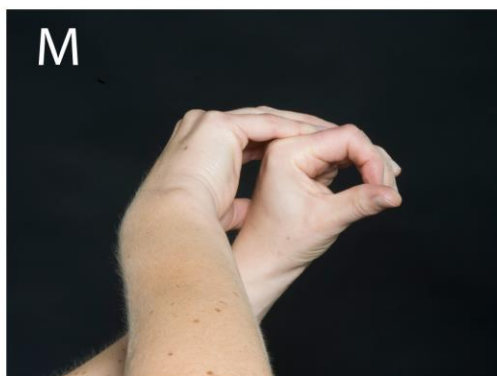
Actively flex and extend the middle and end finger joints



Passively push the middle and end finger joints into a flexed position

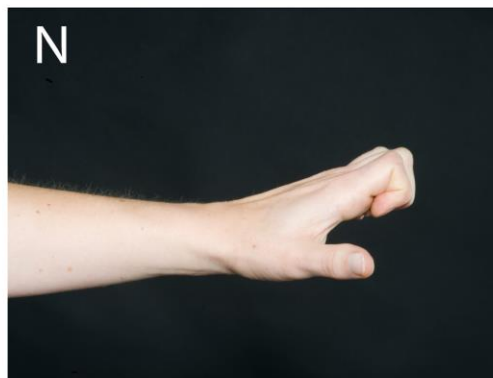
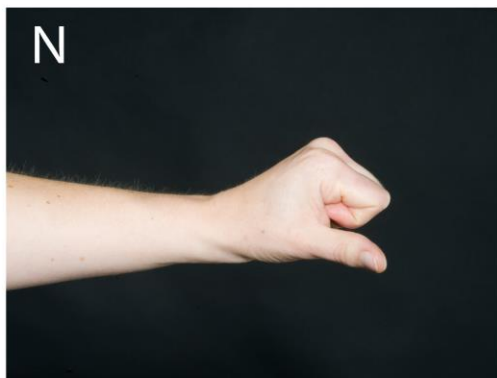


Passively stretch the middle finger joint into an extended position



Whilst holding the first finger joints flexed, flex and extend the middle and end finger joint

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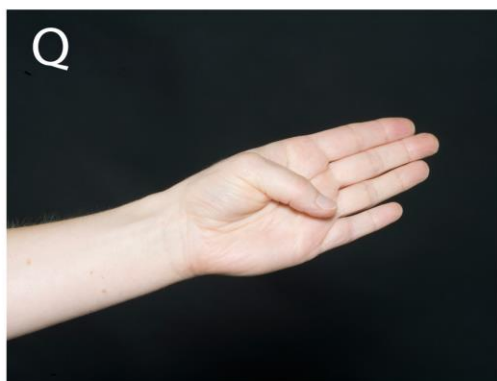
Actively flex all three finger joint then extend only the first finger joints



Place the hand on a flat surface. Lift each finger off the surface in turn.



Passively push the first thumb joint into a flexed position

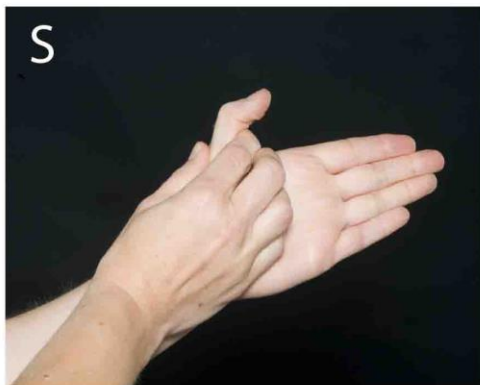


Actively flex the first thumb joint



Passively push the end thumb joint into a flexed position

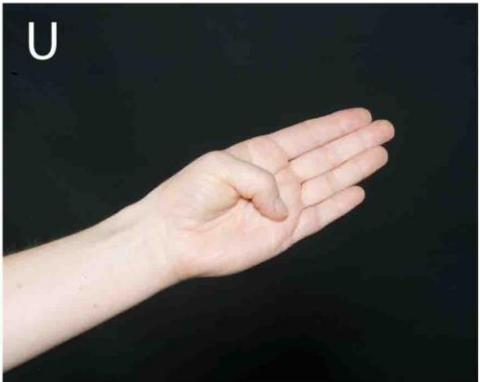
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Actively flex and extend the end thumb joint



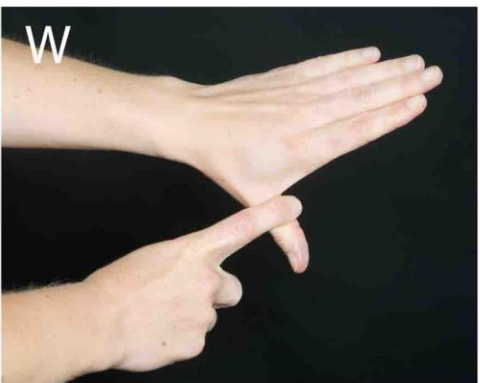
Passively push both thumb joints into a flexed position



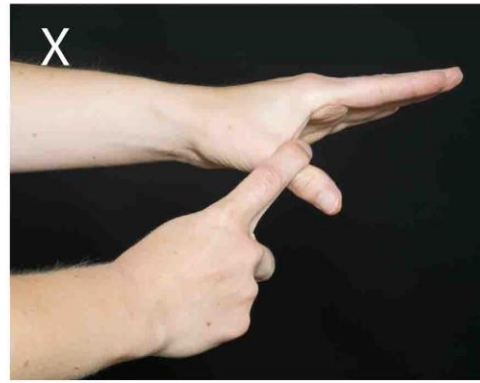
Actively flex both thumb joints



Actively raise the thumb backwards and upwards.



Passively stretch the thumb out to side of the hand from the bottom of the thumb

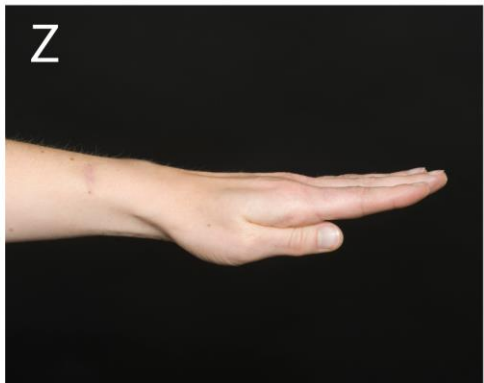


Passively stretch the thumb out to the front of the hand in line with the first (index) finger

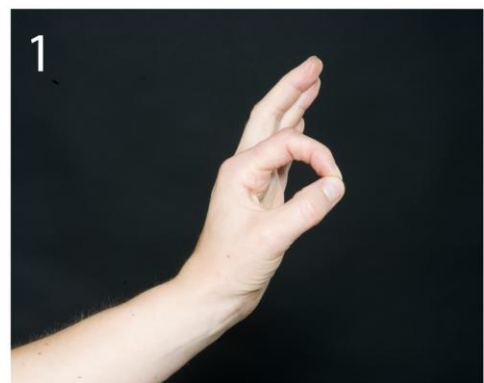
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Actively move the thumb out to the side of the hand and back in.



Actively move the thumb out to the front on the hand in line with the first (index) finger and back in.



Touch the thumb to the tip of each finger in turn then slide the thumb to the bottom of each finger.

Patient Information

Further Information

If you need further information please contact your Therapy Department:

University Hospital, Coventry and Warwickshire: Tel 024 7696 6016

Rugby, St Cross Hospital: Tel 01788 663257 For further information please visit our hand service web site <http://tinyurl.com/uhcwhand>

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6016 and we will do our best to meet your needs.

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Document History

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