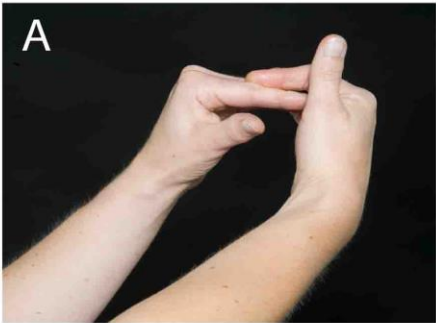
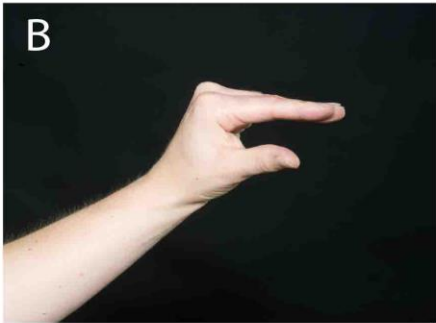




## Hand Therapy

### Finger and thumb exercises

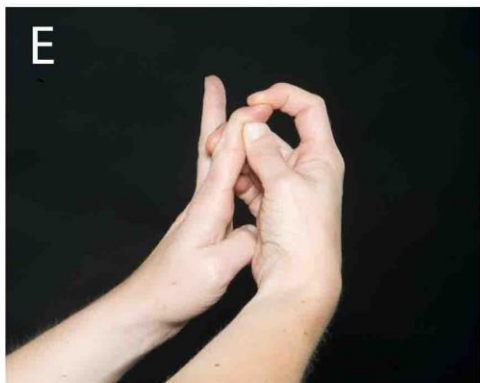
The following combination of finger and thumb exercises should be completed as indicated by your therapist.....times per day .....repetitions of each exercise.

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.

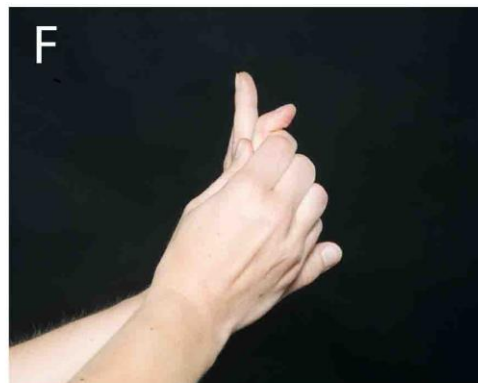
	
<input type="checkbox"/> Passively push the first finger joint into a flexed position	<input type="checkbox"/> Actively flex and extend the first finger joint
	
<input type="checkbox"/> Passively push the middle finger joint into a flexed position	<input type="checkbox"/> Actively flex and extend the middle finger joint



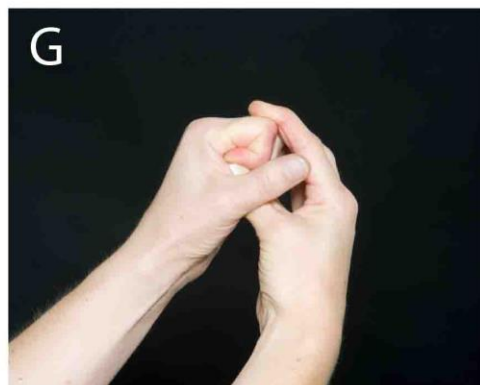
# Patient Information



Passively push the end finger joint into a flexed position



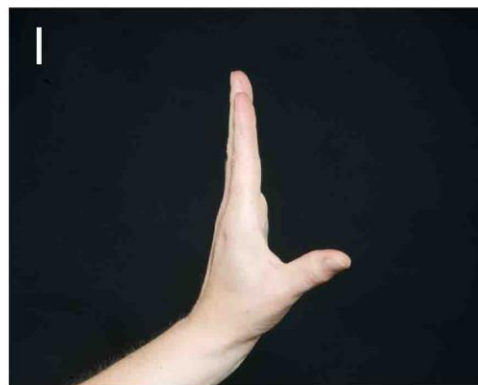
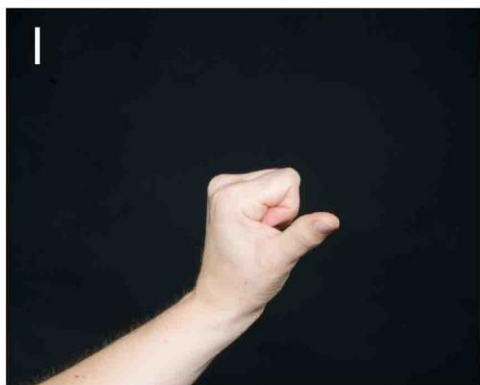
Actively flex and extend the end finger joint



Passively push all three finger joints into a flexed position



Passively stretch all three fingers joints into an extended position

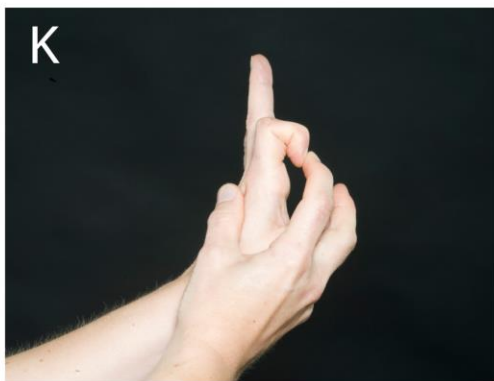


Actively flex and extend all three finger joints

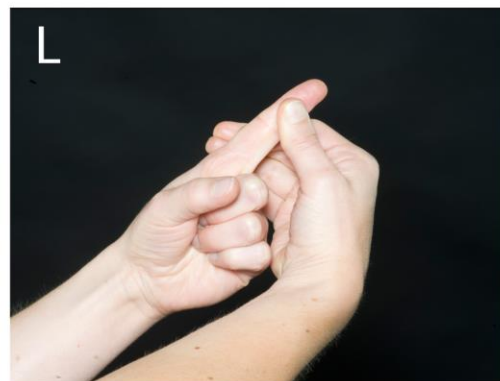
# Patient Information



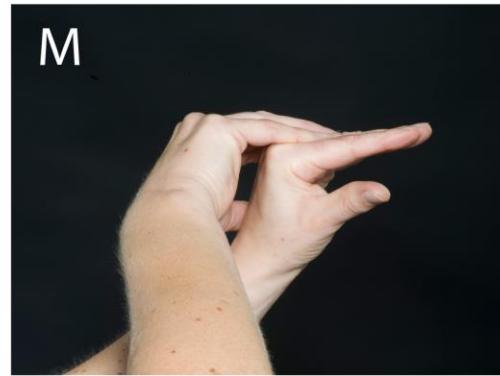
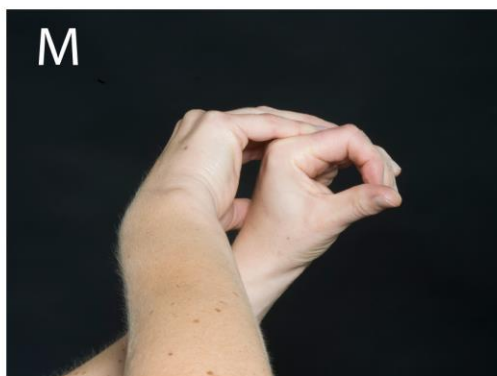
Actively flex and extend the middle and end finger joints



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

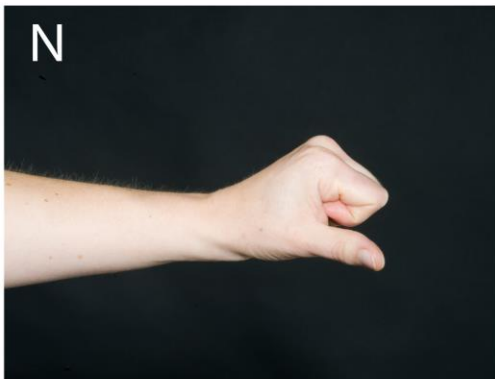


Passively stretch the middle finger joint into an extended position

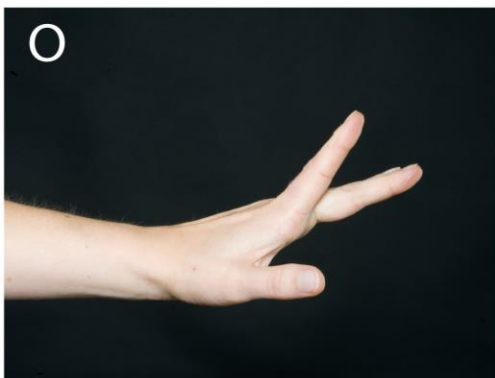


Whilst holding the first finger joints flexed, flex and extend the middle and end finger joint

# Patient Information



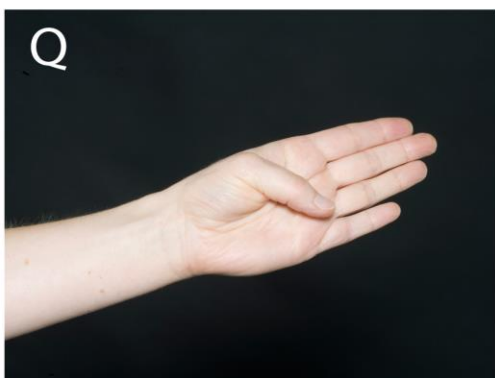
Actively flex all three finger joint then extend only the first finger joints



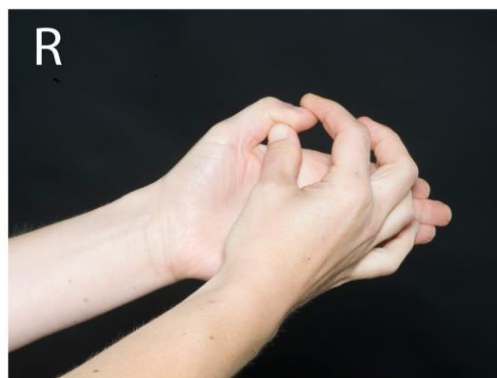
Place the hand on a flat surface. Lift each finger off the surface in turn.



Passively push the first thumb joint into a flexed position

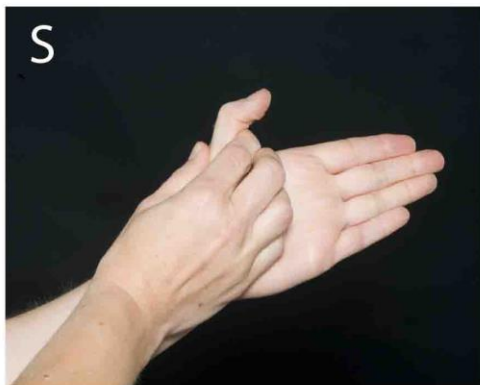


Actively flex the first thumb joint



Passively push the end thumb joint into a flexed position

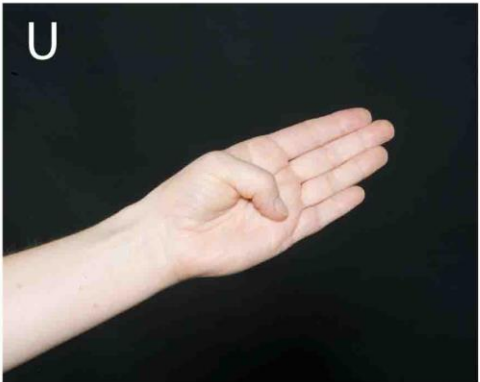
# Patient Information



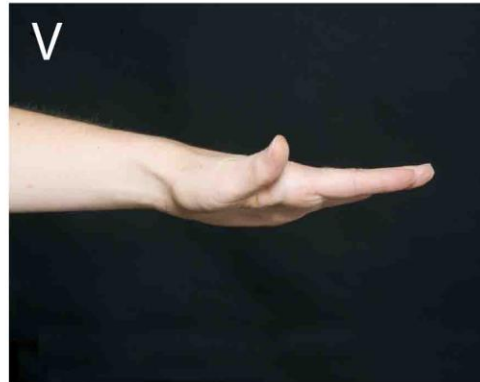
Actively flex and extend the end thumb joint



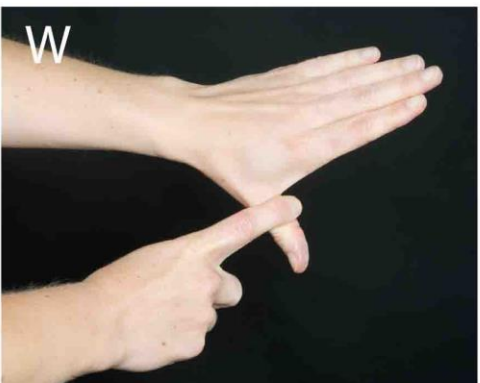
Passively push both thumb joints into a flexed position



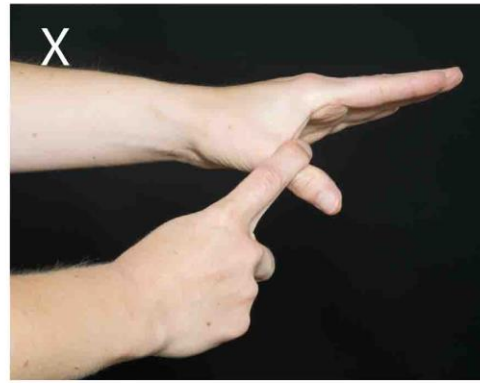
Actively flex both thumb joints



Actively raise the thumb backwards and upwards.



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



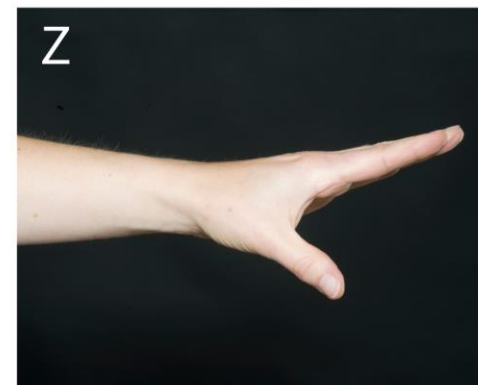
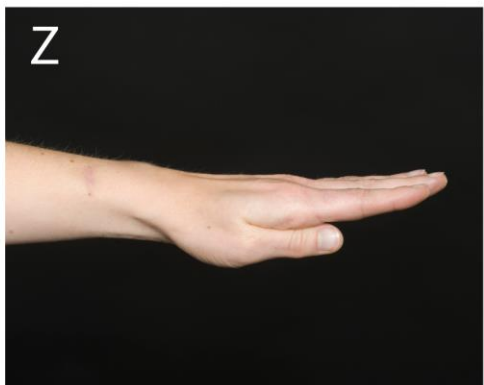
Passively stretch the thumb out to the front of the hand in line with the first (index) finger



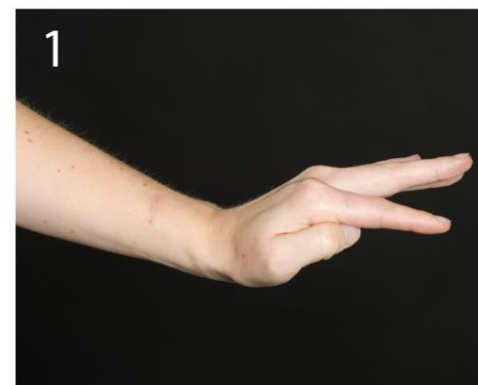
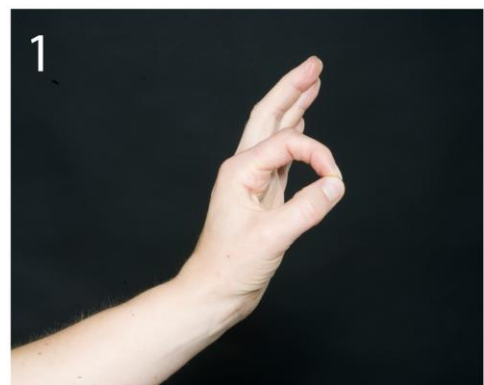
## Patient Information



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: **024 7696 6016**  
Rugby, St Cross Hospital: **01788 663257**

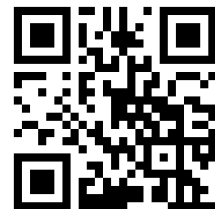
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#### Document History

Department	Hand Therapy
Contact	26016
Updated	June 2023
Review	June 2026
Version	5
Reference	HIC/LFT/1332/11