HAND EXERCISE SHEET

- Make a fist.
- Straighten fingers.
- Repeat 10 times.
- Support your forearm on a table as shown. Make a fist. Then straighten your fingers and bend your wrist upwards.
- Repeat 15 times.

- Support your forearm on a table holding a ball of wool or rolled up socks. Squeeze the socks or wool tightly, then relax.
- Repeat 10 times.
- Palm on a table. Spread fingers and bring them together.
- Repeat 15 times.

- With the wrist and hand straight, make half a fist then straighten fingers.
- Repeat 15 times.
- Support your elbow on a table with your wrist straight and your fingers pointing towards the ceiling.
- Make a fist (thumb over fingers). Straighten your fingers and bring them apart.
- Repeat 10 times.

☐ START THE EXERCISES GENTLY, THE REPETITIONS ARE A GUIDE
☐ AIM TO PERFORM THE EXERCISES MORNING, LUNCH AND EVENING
☐ IF THE EXERCISES MAKE THE PAIN WORSE, STOP FOR 2-3 DAYS
☐ START AGAIN VERY GENTLY, IF THEY STILL MAKE THE PAIN WORSE SEEK ADVICE AS NECESSARY