

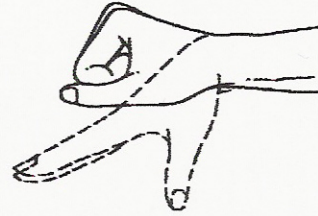
HAND EXERCISE SHEET

PRODUCED BY: DR HASAN TAHIR & MR CLIVE SUTTON



Make a fist.
 Straighten fingers.
 Repeat 10 times.

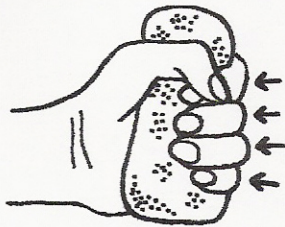
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Support your forearm on a table as shown. Make a fist. Then straighten your fingers and bend your wrist upwards.

Repeat 15 times.

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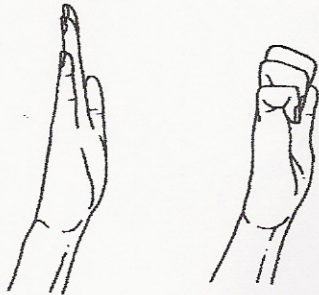
Support your forearm on a table holding a ball of wool or rolled up socks. Squeeze the socks or wool tightly, then relax.
 Repeat 10 times.

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Palm on a table. Spread fingers and bring them together.
 Repeat 15 times.

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With the wrist and hand straight, make half a fist then straighten fingers.
 Repeat 15 times

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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.

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- 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