

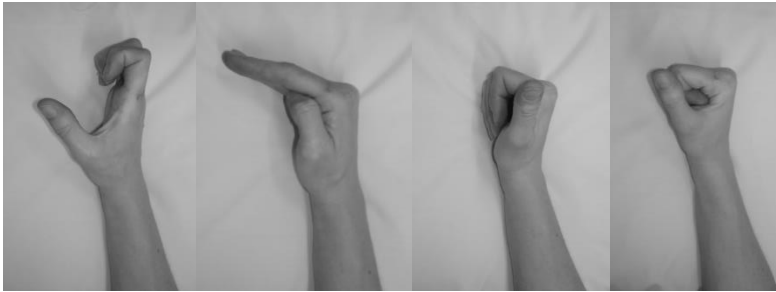
### Flexor tendon glide

Bend the small joints of your fingers – straighten

Bend the large knuckles (keep small joints straight) – straighten

Make a ¾ fist, keeping the end joints straight – straighten

Make a full fist – straighten



# Finger Range of Movement Exercises

## Hand Therapy Exercise Advice



If you have any questions regarding any of the exercises included within this leaflet, please contact the Physiotherapy Department on **0114 263 2112**.

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Welcome to exceptional healthcare



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These exercises will help you recover more hand function and reduce pain and swelling. Please do these exercises \_\_\_\_\_ times a day. Repeat each exercise for \_\_\_\_\_ repetitions. If you have any questions you can contact the Physiotherapy Department on **0114 263 2112** or the nurses on **0114 263 2176**.



#### Active full finger flexion

Slowly curl the fingers from the tips into the palm. Fully straighten again.



#### Active finger extension

Lift and lower each finger off a flat surface – as if playing a piano.



#### Thumb opposition

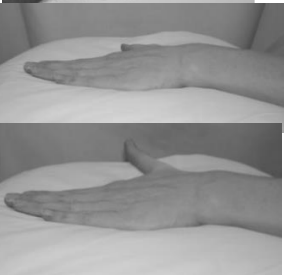
Touch the tip of your thumb to the tip of each finger in turn. Slide the thumb down the little finger into the palm.



#### Active thumb abduction

Spread your thumb out and away from the palm:

- (a) As if holding a pint
- (b) As if "hitch-hiking"



#### Thumb extension

Lift the thumb slowly away from the table-top. Lower again slowly.



#### Finger spanning

Spread your fingers out wide and then squeeze together.



#### Passive finger flexion

Use your other hand to help bend your fingers into your palm.



#### Passive finger extension

Use your other hand to straighten your fingers, start this exercise one finger at a time.



#### Isolated Deep Flexor Glide

Hold the middle joint of your finger and bend and straighten the end joint.



#### Isolated superficial Flexor Glide

Support the finger just below the middle joint, now bend and straighten the middle joint.



#### Central slip

Support your fingers on a table with the middle joint free. Extend your finger whilst providing gentle resistance from your other hand.