Outstanding Care, Compassionate People, Healthier Communities

NHS Sherwood Forest Hospitals NHS Foundation Trust

**INFORMATION FOR PATIENTS**

# Rheumatology Occupational Therapy: Hand exercises ..... repetitions ..... times per day

These are specific exercises to help improve the range of movement in your hands, wrists and thumbs. They are best carried out sitting at a table with your arms at a right angle and forearms resting on the table to ensure you are in alignment. A video of these exercises can be viewed at: https://youtu.be/hEGlAgApOpE

Or scan the QR code using your mobile phone's camera function.

## Do I push into pain?

No. Exercise slowly, taking the movement to **discomfort NOT pain** (this way you aim to minimise any unnecessary swelling occurring).

## Exercises – hold for 3 seconds each:

### 1) Finger extension:

**a)** Place one hand and forearm flat on the table. Use your other hand to gently press down to straighten your fingers.



**b)** Place hands and forearms flat on the table, palms down, wrist and fingers straight. Lift each finger individually off the table.



### 2) Finger flexion:

**a) Roof top**

With elbow supported on the table, hand up. Bend from your knuckles keeping the rest of your finger joints straight.



**b) Hook fist**

With elbow supported on the table, hand up. Keep your knuckles straight and bend your other finger joints.



**c) Full fist**

With elbow supported on the table, hand up. Bend all your finger joints.



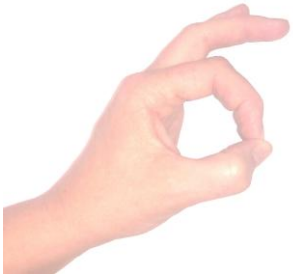
### 3) Finger walking

Place hands and forearms flat on the table, palms down, fingers and wrists straight. Walk the fingers **TOWARDS THE THUMB ONLY.** Lift the forearm, reposition hand and repeat.





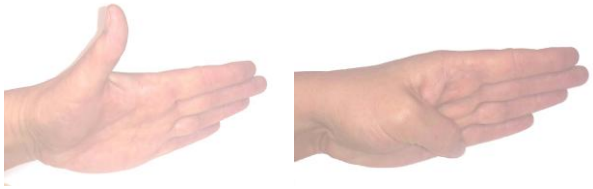
## 4) Finger pinches



With your elbow supported on the table, hand up make an “O” shape by touching the tip of your thumb to the tip of each finger in turn. Stretch all fingers and your thumb before moving to the next finger.

## 5) Thumb opposition and extension

Place side of hand on the table. Point your thumb to the ceiling. Take it to the base of your little finger then return to the starting point.

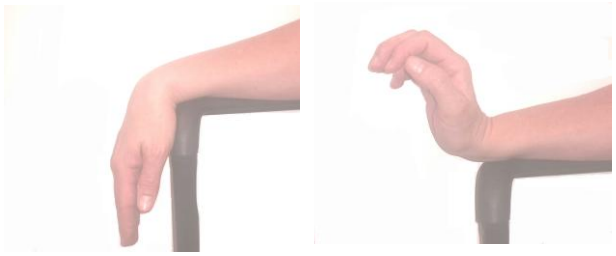


## 6) Wrist extension:



**a)** Place the palms of your hands together and slowly “wing out” your elbows, keeping the heel of your palms together.

**b)** Rest your forearm on a chair arm with your hand relaxed over the edge. Keep your fingers relaxed and lift your hand up then return to the starting position.



## 7) Palm up/palm down

With your elbows tucked into your side and thumbs tucked in, turn your hand palm up then palm down without moving your elbows.



## Contact details

If you have questions or concerns, please contact your Rheumatology Occupational Therapist:

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On (01623) 622515 extension 6878 (King’s Mill Hospital) or (01636) 685885 (Newark Hospital).

## Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King’s Mill Hospital**: 01623 672222
**Newark Hospital**: 01636 685692
**Email**: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

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