

Personal exercise program

finger exercises

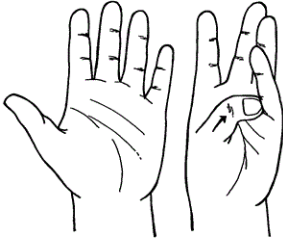
Coventry & Warwickshire NHS PT

Coventry & Warwickshire NHS PT

Childrens Physio, Paybody Unit, Stoney Stanton Road, CV1 4FH,
Coventry, United Kingdom

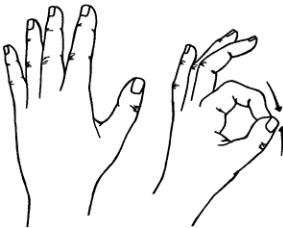
Provided for

Training start date 7/22/2025



1. Pinch _____ thumb to base of little finger as shown
2. Hold _____ seconds
3. _____ repetitions, _____ times per day

©The Saunders Group Inc.



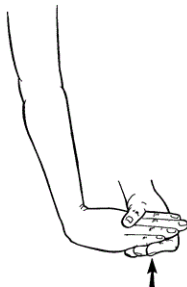
1. Pinch _____ thumb and first finger together as shown
2. Hold _____ seconds
3. Repeat with other fingers as instructed
4. _____ repetitions, _____ times per day

©The Saunders Group Inc.



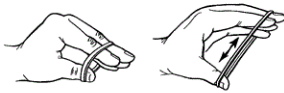
1. Straighten the fingers of the _____ hand with the other hand as shown until you feel a stretch
2. Hold _____ seconds
3. _____ repetitions, _____ times per day

©The Saunders Group Inc.



1. Hold _____ wrist as shown, making sure to keep fingers straight
2. Bend the wrist and fingers upward until you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day

©The Saunders Group Inc.



1. Place rubber band around fingers and thumb as shown
2. Move thumb and fingers apart as shown
3. Hold _____ seconds
4. _____ repetitions, _____ times per day

©The Saunders Group Inc.



Straighten all of your fingers while keeping your wrist straight.

_____ seconds, _____ repetitions, _____ times per day

©BJC HealthCare



Keeping the large knuckles (closest to the wrist) and wrist straight, bend and straighten the end and middle joints of the fingers.

_____ seconds, _____ repetitions, _____ times per day

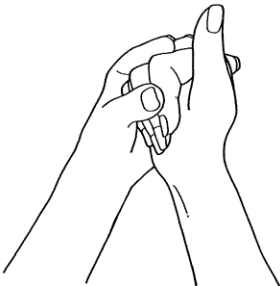
©BJC HealthCare



Make a fist, making sure that all fingers bend as much as they can.

_____ seconds, _____ repetitions, _____ times per day

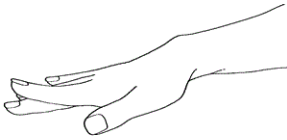
©BJC HealthCare



Use your other hand to help position your hand as shown. Try to bend the top and middle knuckles, letting the end knuckles (those closest to the nails) stay straight.

_____ seconds, _____ repetitions, _____ times per day

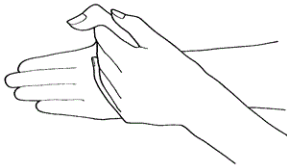
©BJC HealthCare



With palm flat on table, raise and lower fingers one by one.

_____ seconds, _____ repetitions, _____ times per day

©BJC HealthCare



With your opposite hand grasp and stabilize the affected thumb at the second section just below the end joint. Bend and straighten the tip of your thumb at the end joint only.

_____ seconds, _____ repetitions, _____ times per day

©BJC HealthCare
