

## Personal exercise program

### fingers

Coventry & Warwickshire NHS PT  
Coventry & Warwickshire NHS PT  
Childrens Physio, Paybody Unit, Stoney Stanton Road, CV1 4FH,  
Coventry, United Kingdom

Provided for  
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Make a fist.

Straighten fingers.

Repeat \_\_\_\_\_ times.

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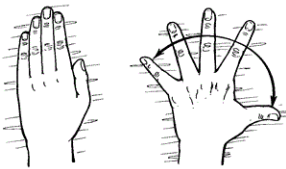
Forearm supported on a table with palm facing down.

Bend your wrist and knuckles. Then straighten your wrist and knuckles.

Repeat \_\_\_\_\_ times.

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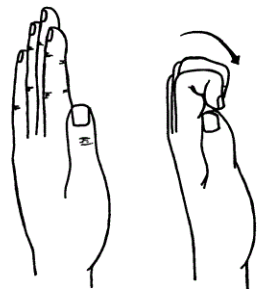
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1. Begin with palm of \_\_\_\_\_ hand flat on table
2. Spread fingers as far apart as you can
3. Hold \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

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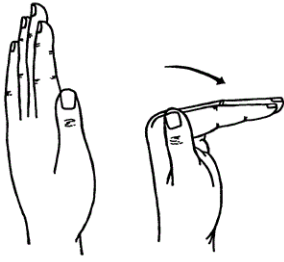
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1. Bend first two joints of \_\_\_\_\_ fingers down as shown
2. Hold \_\_\_\_\_ seconds
3. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

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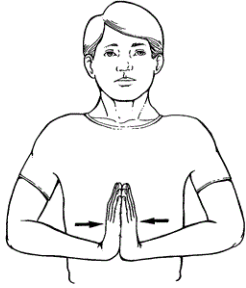
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1. Bend knuckle joints of \_\_\_\_\_ fingers down as shown
2. Keep the other joints of your fingers straight
3. Hold \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

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1. Hold your hands together as shown
2. Bend the wrist until you feel a stretch
3. Hold \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

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