



REHABILITATION

Finger Exercises

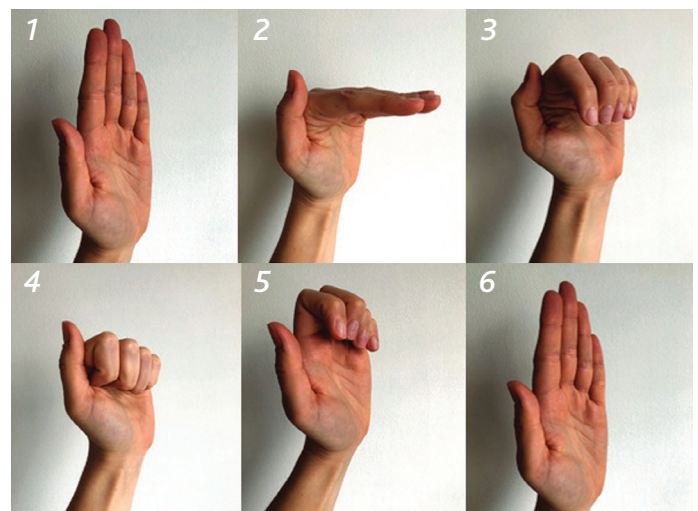
Active Finger Exercises

Sequence to be completed every 2 hours during the day. Repeat 10 times each session. Hold each position for 5 – 10 seconds each time. Continue until normal motion has returned.

Tendon Gliding

Complete as a sequence, as numbered.

1. Straighten your fingers
2. Bend the big knuckles of your fingers whilst keeping the little joints straight
3. Make a flat fist
4. Make a full fist
5. Make a hook grip with your fingers
6. Straighten your fingers



You can also work on each joint separately

Hold your finger just below the joint and then bend it



Bend the big joints of your hand, and hold with your other hand, then try and straighten the ends of the fingers against your other hand, as shown in the picture.





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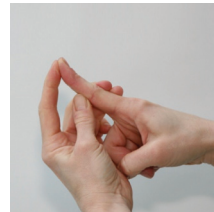
Passive Flexion of each joint

Push your finger into a full fist



Passive Extension of each joint

Push each joint into a straight position.



Scar and Soft Tissue Massage

Any injured part of your hand will benefit from massage to help it soften and become more flexible. If you have had an operation you will need to wait until after your stitches have been removed, and the wound is fully healed, before you start this.

You may use a non-scented moisturiser to help with this and to soften the skin.