

# Finger, hand and wrist exercises for sprains and injury

Department of Physiotherapy

Information for Patients

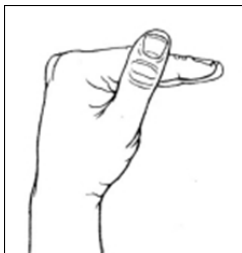
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## Hand exercises

### Exercise 1



#### **Duck or knuckle bend**

Keeping the fingers straight, bend at just the knuckles.

Repeat up to 10 times.

### Exercise 2



#### **Finger hook**

Keeping the first knuckles straight, bend the top 2 finger joints to make a hook shape.

Hold for 5 seconds. Repeat up to 10 times.

### Exercise 3



#### **Make a fist**

Keep the wrist and fingers straight. Make a fist, then straighten the fingers.

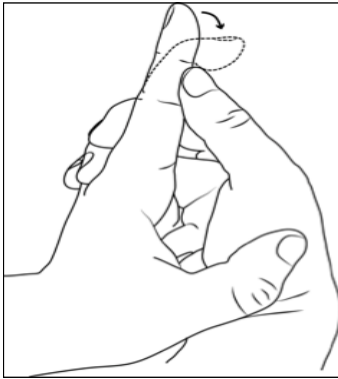
Repeat up to 10 times.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Finger exercises

### Exercise 1



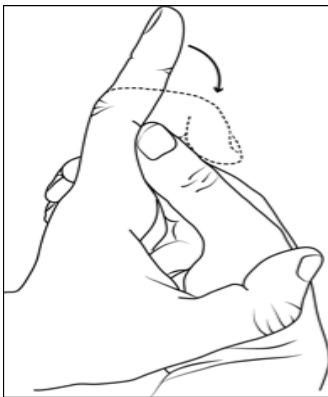
#### **Bending the top joint of the fingers**

Hold the finger so that only the end joint moves.

Bend and straighten the end of your finger as far as you can.

Repeat up to 10 times for each finger.

### Exercise 2



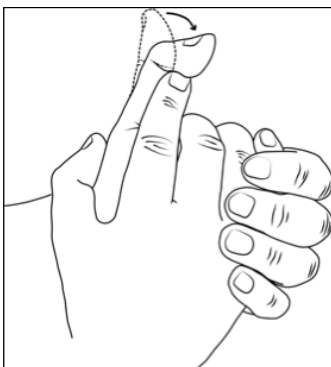
#### **Bending the middle joint of the fingers**

Hold the finger so that only the middle joint moves.

Bend and straighten at this joint as far as you can.

Repeat up to 10 times for each finger.

### Exercise 3



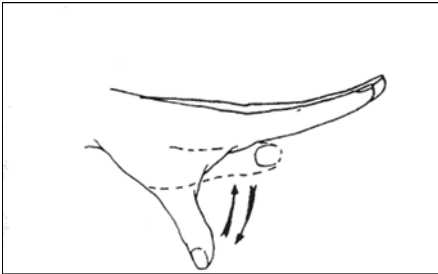
#### **Bending the top joint of thumb**

Hold the thumb so that movement only occurs at the tip of the thumb. Bend and straighten.

Repeat up to 10 times.

## Thumb exercises

### Exercise 1

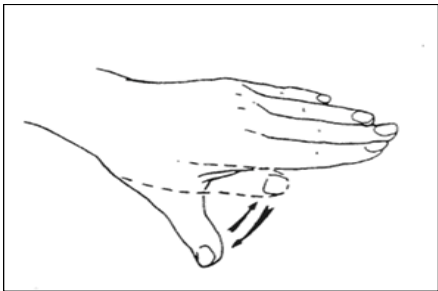


#### Lifting thumb up from palm (palmer abduction)

With your hand on its side, take your thumb out away from your palm, to make an 'L' shape.

Repeat up to 10 times.

### Exercise 2

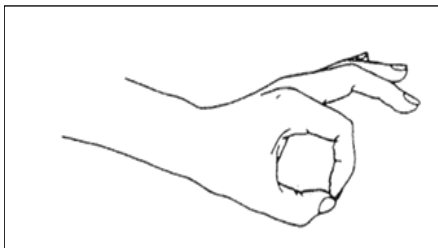


#### Moving your thumb away from your index finger (radial abduction)

With your palm flat on a table, take your thumb out and away to the side.

Repeat up to 10 times.

### Exercise 3

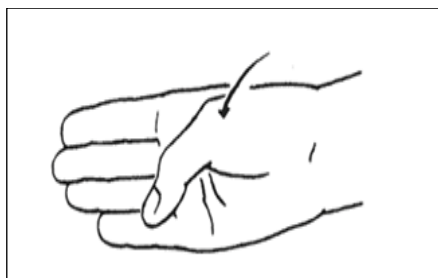


#### Finger to thumb

With your thumb, touch each finger tip.

Repeat up to 10 times.

### Exercise 4



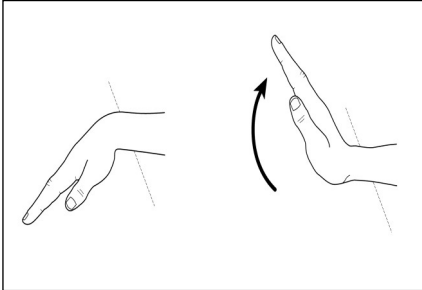
#### Thumb to bottom of little finger (opposition)

Take your thumb across the palm of your hand to the base of your little finger.

Repeat up to 10 times.

## Wrist exercises

### Exercise 1



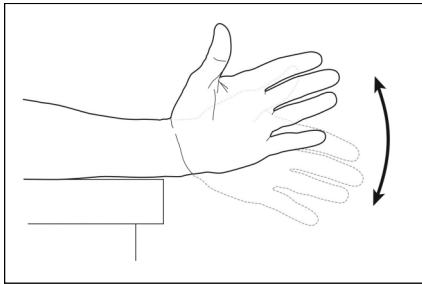
#### Wrist flex and extend

Rest your forearm on a table with the hand relaxed over the edge.

Drop the hand down, then lift the hand up.

Repeat up to 10 times.

### Exercise 2



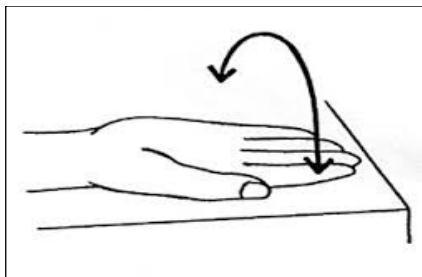
#### Moving wrist or hand up towards thumb (wrist deviation)

Rest your forearm on a table with your thumb pointing up.

Move the hand up and down.

Repeat up to 10 times.

### Exercise 3



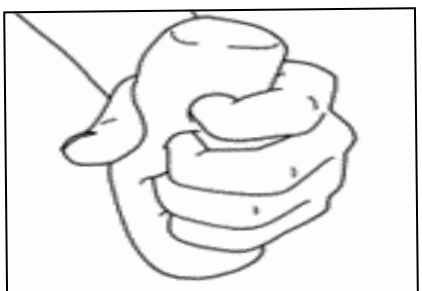
#### Palm up or down twist (wrist supination or pronation)

Rest your forearm on a table with the palm turned down.

Turn palm up and down, keeping the elbow still.

Repeat up to 10 times.

### Exercise 4



#### Gripping

Rest your forearm on a table. Hold a sponge or soft ball in your hand.

Bend your fingers, pressing deeply into the sponge.

Repeat up to 10 times.

## Wrist and finger stretches

### Exercise 1

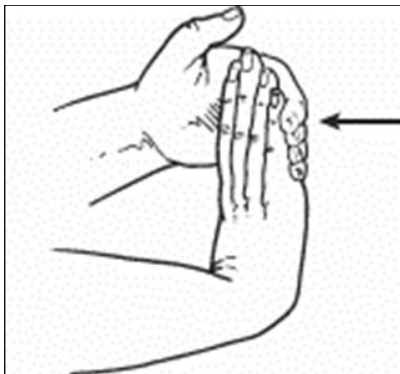


#### Wrist flexion stretch

Let your hand drop down and gently assist the movement with your other hand feeling a stretch in your forearm.

Hold for 5 seconds. Repeat up to 10 times.

### Exercise 2

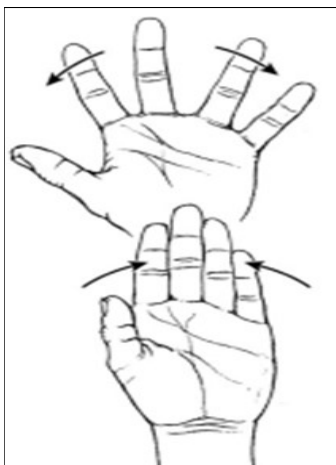


#### Wrist extension stretch

With the opposite hand stretch your fingers back towards your wrist, with your fingers facing up, feeling a stretch in your forearm.

Hold for 5 seconds. Repeat up to 10 times.

### Exercise 3



#### Finger spanning

Spread fingers and bring them together.

Repeat up to 10 times.

## Returning to normal activity

The advice below gives a general timescale when it is possible to return to normal activity:

- Light housework \_\_\_\_\_ weeks
- Heavy housework \_\_\_\_\_ weeks
- Driving (check with your insurance) \_\_\_\_\_ weeks
- Return to work \_\_\_\_\_ weeks
- Return to sport \_\_\_\_\_ weeks

Try to use your hand as normally as possible.

You may get some aching after doing your exercises, but this is normal and should settle fairly quickly.

## Contact details

### Physiotherapy Departments

Glenfield Hospital:	0116 258 3595
Leicester General Hospital:	0116 258 4070
Leicester Royal Infirmary:	0116 258 5816

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)