

Hand therapy department

# General finger exercises

## Information for patients, relatives and carers

Do these exercises how your therapist showed you. These exercises will help to restore and maintain the movement in your fingers. The exercises might feel uncomfortable to start with. If you practice them often it will get easier, and your movement will improve.

Number of times to repeat:

Number of times to perform each day:

Active tendon gliding



Fingers straight



Hook fist



Table top



Straight fist



Full fist

Aim to move your uninjured fingers at the same time as your injured finger(s). Keep your wrist straight and still as you exercise.

Finger opening



Fingers open



Finger closing



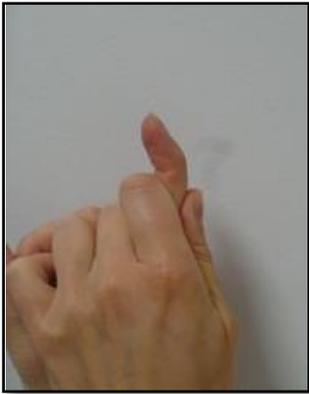
Fingers closed



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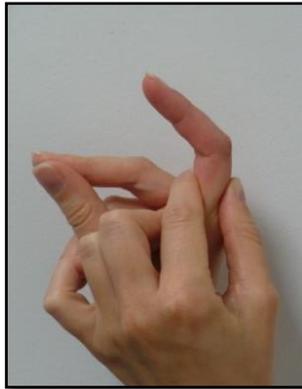
Blocked finger exercises:

Top finger joint bending



Hold middle joint straight, then bend the top finger joint

Middle finger joint bending



Bend middle joint in finger

Blocked knuckle joint bending with small finger joint bending and straightening:



Use the opposite hand to block the knuckles into a bent position, then bend your fingers



Use the opposite hand to block the knuckles into a bent position, then straighten fingers

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## Passive finger stretches:

1. Full fist



Use the opposite hand to bend your fingers into a full fist.

2. Hook fist



Use the opposite hand to bend your fingers into a hook position.

3. Straight



Place your hand on a flat surface then use your other hand to push your finger straight.

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## Our contact details

To reschedule an appointment:

- 1) Phone: 020 3311 0333  
Option 1: If your appointment is on the same day.  
Option 2: If your appointment is another date in the future.
- 2) Email: [appointments@imperial.nhs.uk](mailto:appointments@imperial.nhs.uk)

To contact a therapist: [imperial.handtherapyimperial@nhs.net](mailto:imperial.handtherapyimperial@nhs.net).

## How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:  
Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street  
London W2 1NY Email: [ICHC-tr.Complaints@nhs.net](mailto:ICHC-tr.Complaints@nhs.net)  
Telephone: **020 3312 1337 / 1349**

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:  
[imperial.communications@nhs.net](mailto:imperial.communications@nhs.net)

## Wi-fi

Wi-fi is available at our Trust. For more information visit our website: [www.imperial.nhs.uk](http://www.imperial.nhs.uk)