



**University
Hospitals Sussex**
NHS Foundation Trust

Hand exercises

Physiotherapy department

Patient information

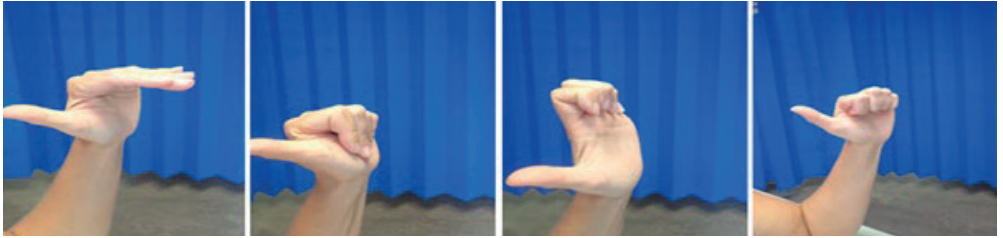
What is this information about?

This information is about hand exercises.

It tells you:

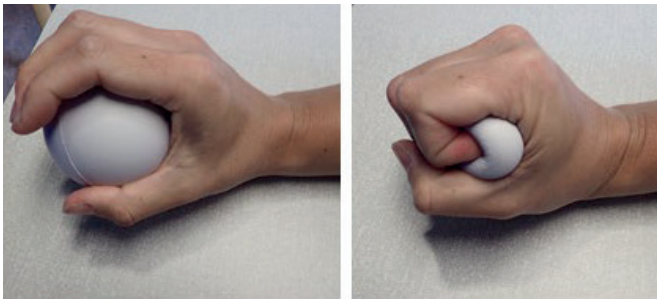
- What exercises you can do to help heal and strengthen your hand.
- Who to contact if you need further help and support.

What exercises should I start with?



Bend and straighten all the joints in your fingers as shown. Do not force the movement. Work within your limits.

Repeat 5 times.



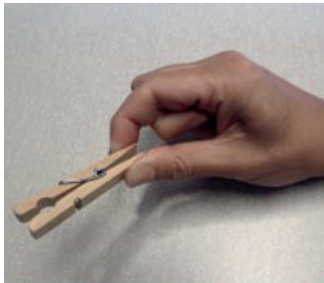
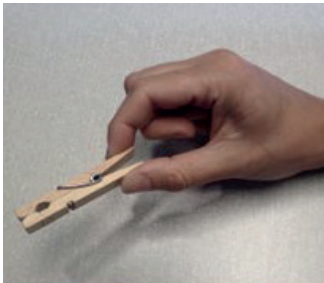
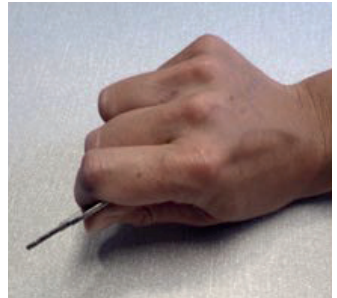
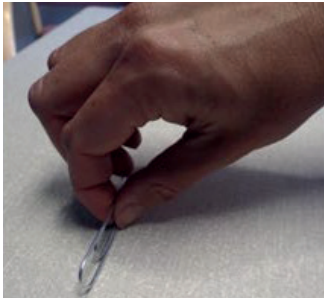
Practice squeezing a soft ball, playdough, a plastic bottle, or similar, several times throughout the day.

Hold for 30 to 60 seconds as able.

Grip exercises:

Practice hand movements. Some simple things to start with might be:

- Turning keys.
- Picking up small objects.
- Doing simple crafts.
- Pinching objects such as clothes pegs.
- See the examples images below.



What should I do if I am concerned about my symptoms or struggling to return to exercise?

Please contact the Virtual Fracture Clinic.

I am struggling with my sling or strapping. What should I do?

Contact the Virtual Fracture Clinic. We can change your splint or give advice if needed.

When can I start driving?

You can return to driving when:

- You are no longer using a splint or sling.
- You can move comfortably.
- You can control the vehicle safely.

How can I get a note for work?

Please contact the Virtual Fracture Clinic.

How do I contact the Virtual Fracture Clinic?

Worthing

01903 205111 Ext. 86312

St Richards

01243 788122 Ext. 35503

uhsussex.vfc@nhs.net

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This leaflet is intended for patients receiving care
in St Richard's Hospital and Worthing Hospital.

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