



**University
Hospitals Sussex**
NHS Foundation Trust

Finger exercises

Physiotherapy department

Patient information

What is this information about?

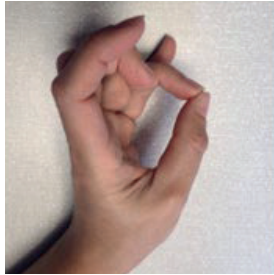
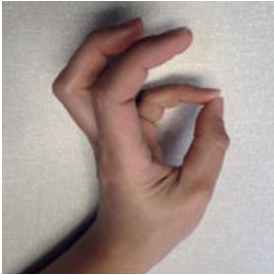
This information demonstrates exercises to practise for your finger.

Why do I need to do these exercises?

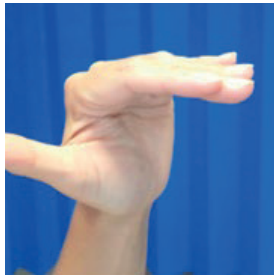
This will make sure your hand and wrist do not become too stiff. These exercises will help the healing process.

Try to follow these exercises without causing too much pain.

What exercises should I start with?



Try to touch the tip of your thumb to your fingers. **Repeat 5 times.**

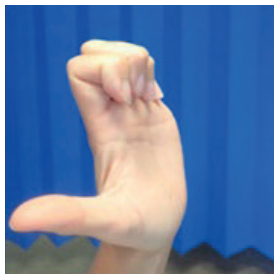


Bend and straighten all the joints in your fingers as shown.

Do not force the movement.

Work within your limits.

Repeat 5 times.



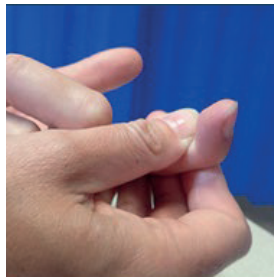
How often should I do these exercises?

Do these exercises several times a day. To start with you may not have full movement. Gently encourage the movement as pain allows.

What exercises should I progress to?



Use your other hand to keep your finger steady and bend and straighten the finger joint nearest your palm. **Repeat 5 times.**



Use your other hand to keep your finger steady and bend and straighten the finger joint nearest the end of your finger. **Repeat 5 times.**

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

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 sling or give advice if needed.

When can I start driving?

You can return to driving when:

- You are no longer using the splint.
- 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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