

Exercise plan:
**New onset of hand pain
ADVANCED**

Patient:
CHCP WEBSITE EXERCISES

Date:
31st Oct 2023

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.

Putty | Pincer Grip Pick Up

With a pincer between your index finger and thumb, pick up small balls of putty and place them back down again. This exercise can help improve dexterity to the hands.

Use a sock or something squishy if you don't have access to putty.

**Sets: 3 | Repetitions: 5-10 | Time: hold squeeze for 3 seconds |
Days per week: 4-5**

Video: https://youtu.be/X6f3m9_pQ0o



Putty | Flexion Squeeze

Place a flat piece of putty on your palm. Squeeze your fingers against it. Relax your fingers into a straight hand when you are ready. Repeat as required. This exercise can help strengthen your fingers and your grip. Use a sock or something squishy if you don't have access to putty.

**Sets: 3 | Repetitions: 5-10 | Time: hold squeeze for 3 seconds |
Days per week: 4-5**

Video: <https://youtu.be/LXl3BrIHAvG>



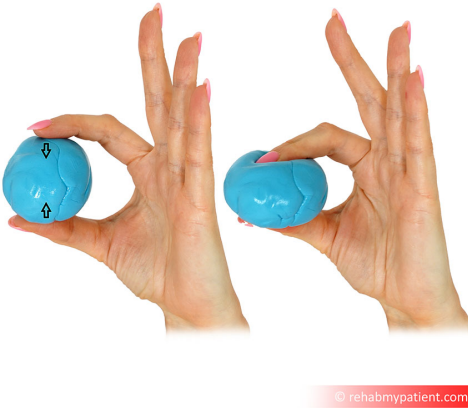
Putty | Thumb Opposition

Place some putty between your index finger pad and your thumb pad. Squeeze your thumb into the putty. This is a strengthening exercise for your thumb.

Use a sock or something squishy if you don't have access to putty.

Sets: 3 | Repetitions: 5-10 | Time: hold squeeze for 3 seconds | Days per week: 4-5

Video: <https://youtu.be/qaHXHTWWL6U>



Ball Squeeze with Pronation

With your palm face up, squeeze a small ball like a tennis ball. Turn your palm downwards while maintaining the squeeze of the ball. Turn your palm upwards to return to the start position, and relax your squeeze. This is a hand strengthening exercise.

Sets: 3 | Repetitions: 10 | Days per week: 4-5

Video: <https://youtu.be/bfzT3x7f28A>



Finger Flexion Active

Make a fist with your hand. Hold this position, and then relax the fingers. Use this exercise to increase finger mobility, especially if you have difficulty gripping.

Sets: 3 | Repetitions: 10 | Days per week: 4-5

Video: <http://youtu.be/4NZ2drULuzc>

