

Exercise plan:
New onset of hand pain EASY

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.

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>

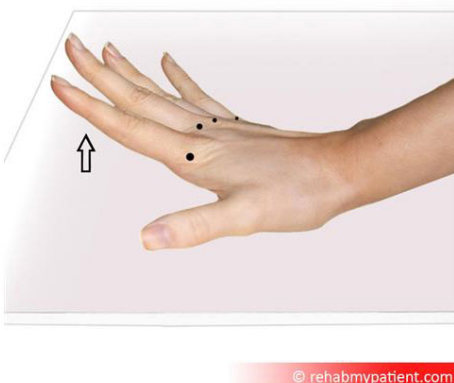


Finger Extension Active

Place your injured hand on a flat surface, lift all your fingers upwards off the surface together. Use this exercise to strengthen your finger tendons.

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

Video: http://youtu.be/GrA_541Ks_8



Finger Abduction Active

Start with your fingers together. Spread all your fingers wide apart from each other. Use this exercise to stretch your fingers out.

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

Video: <http://youtu.be/ISYoY72YD6s>

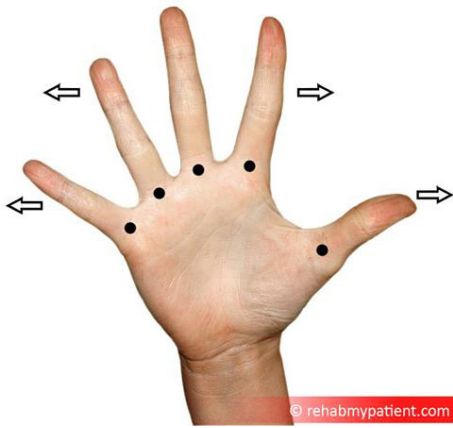
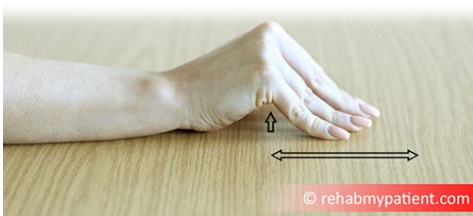


Table Flexion

Place your palm flat on a table. Keeping your finger tips on the table, lift your palm up and slide your fingers backwards along the table. This exercise helps improve finger mobility and dexterity.

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

Video: <http://youtu.be/xLS4Qqfj-Es>



Making a Fist

Tuck your fingers in, towards your palm. Wrap your thumb over your fingers. Squeeze towards your palm, and release to straight fingers. Repeat as required. This exercise can help improve grip and dexterity.

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

Video: <https://youtu.be/dlOASGp-mjg>

