

Exercise plan:
New onset of hand pain
MODERATE

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.

Ball Squeeze

Squeeze a small ball in your hand. Use this to strengthen your thumb and fingers. You can also use putty, a small towel, or other small squeezey items.

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

Video: <http://youtu.be/EMx8Ufccvik>



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Finger/Thumb Abduction Band

Wrap an elastic band around your fingers and thumb. Pull your fingers and thumb apart from each other, against the resistance of the band. This exercise will help strengthen your joints.

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

Video: <http://youtu.be/5kp45nPjxa8>



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Finger Flexion with Towel and Weight

Fold a towel and place it on a table. Place a weight on the towel. Position your fingers over the towel. Use finger flexion to pull the towel towards you. This is a finger strengthening exercise.

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

Video: <https://youtu.be/foXQGASRsy8>