

Finger joint exercises

Do exercises while sitting at the table. Do the exercises calmly _____ times a day _____ reps per exercise.

Exercises are done to improve the functionality of the hand. Exercising helps maintain blood circulation in the fingers and mobility of tendons and joints. Exercises also reduce swelling and stretch possible scar adhesions.

1. Finger knuckles extension and flexion exercise

Extend fingers. Bend knuckles keeping your fingers straight.



2. Finger middle and tip joints extension and flexion exercise

Extend fingers. Bend middle and tip joints keeping the knuckles straight.



3. Partial fist exercise

Extend fingers. Bend fingers far towards the wrist keeping the tip joints straight.



4. Fist exercise

Extend fingers open and make a fist.



5. Extension and flexion exercise of the tip joint of a single finger

Support fingertip joint below it. Bend the fingertip and straighten it back to the starting position.



6. Extension and flexion exercise of the middle joint of a single finger

Support middle joint below it. Bend the middle joint and straighten it back to the starting position.



When necessary, contact your occupational therapist.