Passive stretches for wrist/fingers/thumb

The exercises below can be completed in sitting with the arm supported on a pillow or in a sling. If you have had surgery and your arm needs to stay immobilised in a sling please do not remove the sling for these exercises. Your therapist will advise you of any post-operative restrictions. Only do the exercises that your therapist has advised. Relax and breathe comfortably during all the exercises. Complete 2 repetitions of each exercise, holding each stretch for 30 seconds, two times a day. The stretch should not cause pain that prevents you holding the stretch for the recommended time.

1. Extend the wrist backwards, making sure the wrist joint is supported as shown.
2. Then move the wrist inwards, making sure the wrist joint is supported as shown.
3. Move the wrist/hand sideways to the thumb side.
4. Move the wrist/hand sideways to the little finger side.
5. Bend the index finger down at the knuckle, making sure the joint is supported as shown. Repeat this exercise with each finger.
6. Bend the index finger down at the middle joint, supporting the joint as shown. Repeat this exercise for each finger.
Bend the index finger inwards at each joint so that the fingertip moves towards the palm. Repeat this exercise for each finger.

Straighten out all of the fingers, supporting them as shown. Make sure that the fingers are straightened no further than the back of the hand.

Support around the thumb joint as shown and stretch the thumb upwards.

Stretch the thumb across the palm to the base of the little finger. Make sure the thumb joint is supported as shown.

Bend the tip of the thumb down whilst supporting the thumb joint as shown.

If you have any questions regarding these exercises please contact your occupational therapist/physiotherapist on 020 8909 5820/5519.