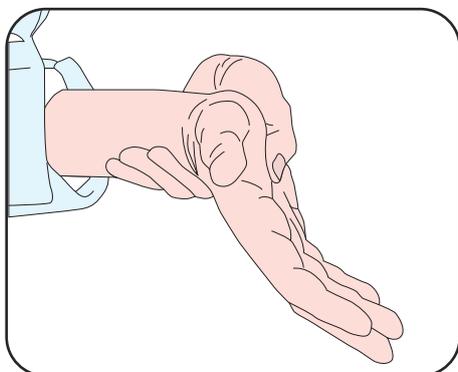


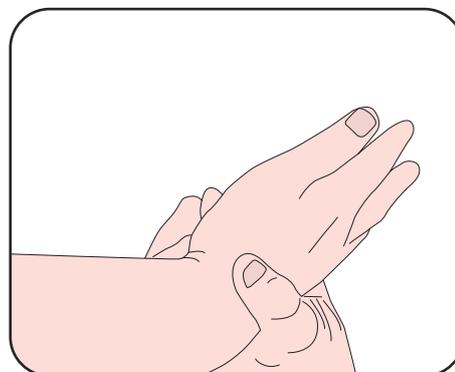
Passive stretches for wrist/fingers/thumb

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.

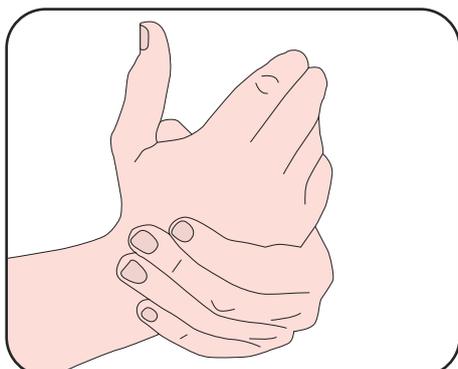
- 1** Extend the wrist backwards, making sure the wrist joint is supported as shown.



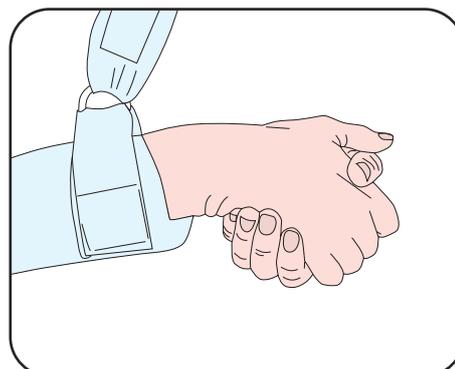
- 2** Then move the wrist inwards, making sure the wrist joint is supported as shown.



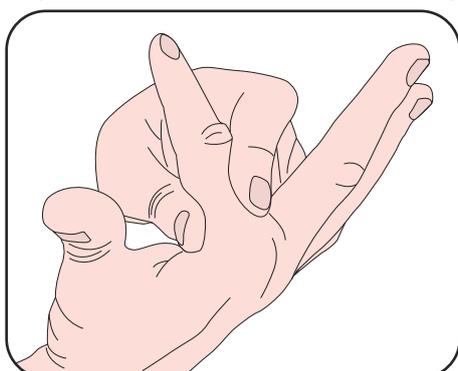
- 3** Move the wrist/ hand sideways to the thumb side.



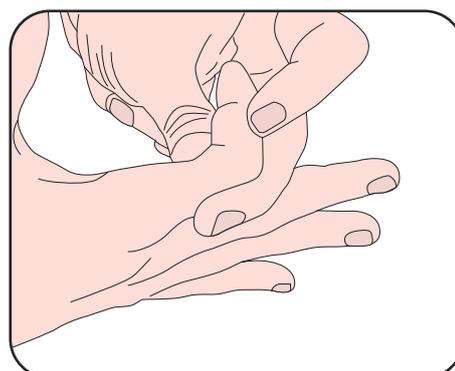
- 4** Move the wrist/ hand sideways to the little finger side.



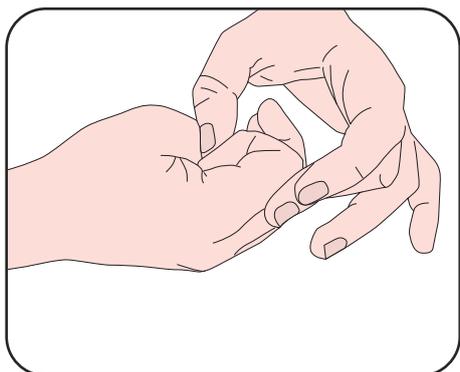
- 5** Bend the index finger down at the knuckle, making sure the joint is supported as shown. Repeat this exercise with each finger.



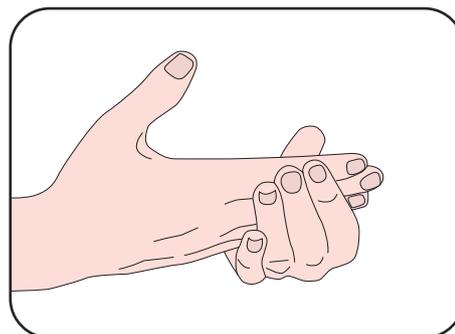
- 6** Bend the index finger down at the middle joint, supporting the joint as shown. Repeat this exercise for each finger.



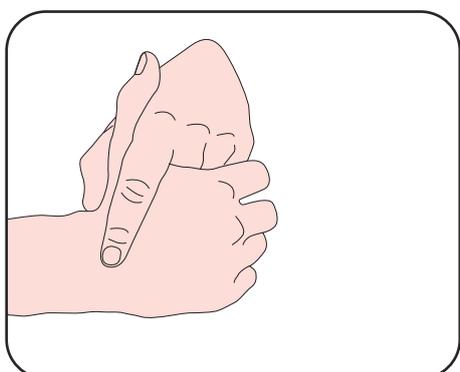
- 7** Bend the index finger inwards at each joint so that the fingertip move towards the palm. Repeat this exercise for each finger.



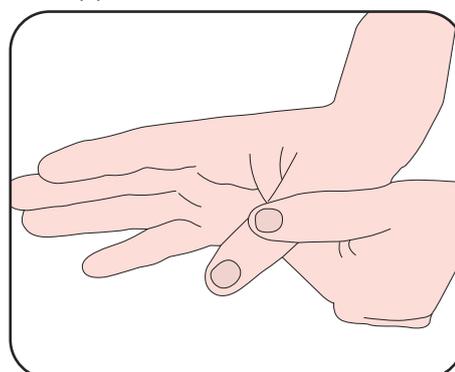
- 8** Straighten out all of the fingers, supporting them as shown. Make sure that the fingers are straightened no further than the back of the hand.



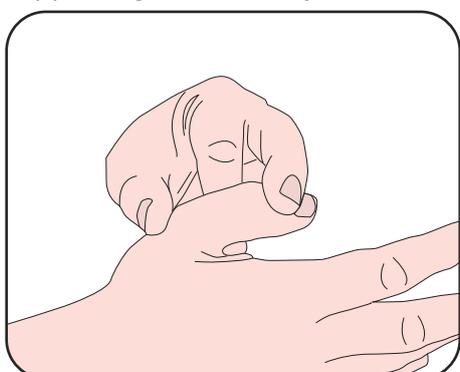
- 9** Support around the thumb joint as shown and stretch the thumb upwards.



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



- 11** 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.