






Name: _____
DOB: _____
URN: _____

Physiotherapy

Active Finger Exercises

<p>1. Support below the (top) finger joint to be exercised. Bend your finger tip and then straighten it.</p> <p>Repeat ___ times/ ___ mins.</p>	
<p>2. Support below the (middle) finger joint to be exercised. Bend the middle joint of your finger and then straighten it.</p> <p>Repeat ___ times/ ___ mins.</p>	
<p>4. Fingers straight. Fingers hooked.</p> <p>Repeat ___ times/ ___ mins.</p>	
<p>5. Start with your fingers straight. Make a fist but keep the top joints straight, so that your finger pads are against your palm</p> <p>Repeat ___ times/ ___ mins.</p>	
<p>3. Wrist and fingers straight. Make a fist.</p> <p>Repeat ___ times/ ___ mins.</p>	

Physiotherapist _____ Signature _____ Date ___ / ___ / ___
(Name & Designation)

If you have any concerns with this advice or exercises, please contact your physiotherapist.



25110 Advice or Information

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