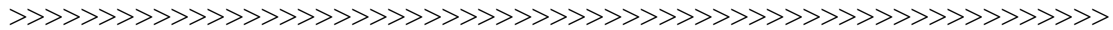


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Finger Exercises

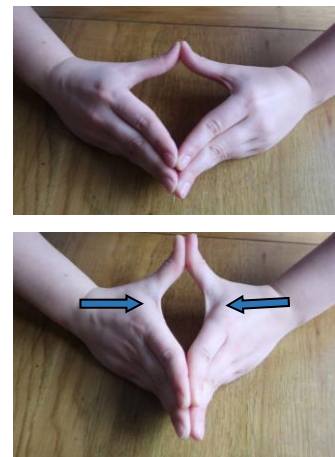
Pacing Physical Activity:

It is important to pace out your physical activities and ensure it feels ok later that evening/next day. Modify some of your activities to allow your hand/wrist some relative rest in the short term.

Exercises:

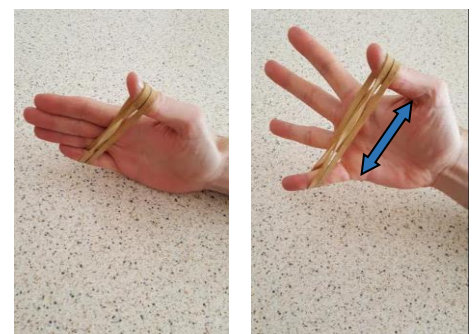
Web-space strengthening:


- Place both hands as image shows
- Thumb to thumb, fingers to fingers
- Press palms together
- Hold 5 seconds
- 10 repetitions



Finger/hand strengthening:

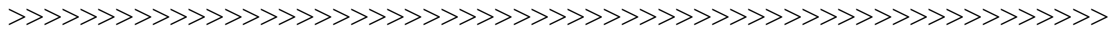
- Wrap an elastic band around your fingers
- Spread the fingers apart against the band
- Hold 5 seconds, 10 repetitions



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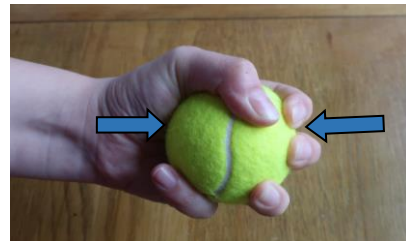


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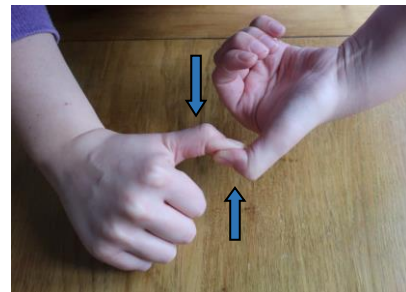
Tennis ball squeeze:


- Hold a tennis ball on your hand
- Squeeze it with your hand
- Release it as you count to two
- Hold 5 seconds, 10 repetitions



Thumb strengthening:

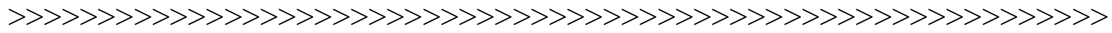
- Place both thumbs facing each other
- Press the thumb of one hand against the thumb of the other hand
- Hold 5 seconds
- 10 repetitions



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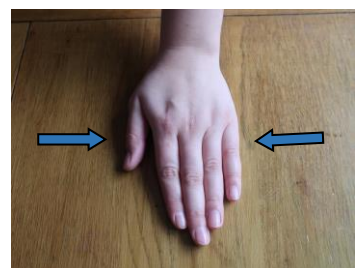
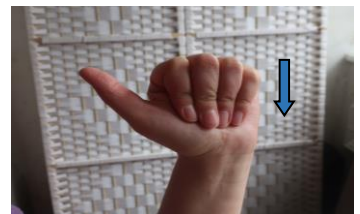
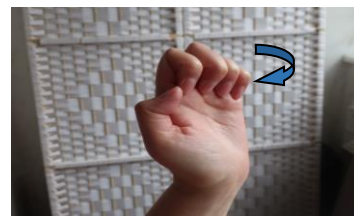
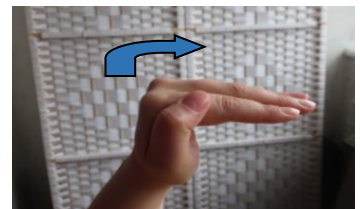


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Fingers mobilization: (fingers exercises)

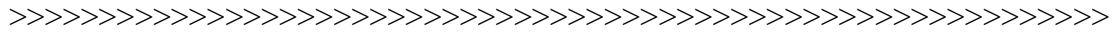
- With your palm up, straighten your fingers
- Hold 5 seconds
- Bend your knuckle into a 'table top'
- Hold 5 seconds
- Curl your fingers into a 'hook' shape
- Hold 5 seconds
- Make a partial fist
- Hold 5 seconds
- Make a full fist
- Hold 5 seconds
- Open your fingers wide apart
- Hold 5 seconds
- Close them again
- Hold 5 seconds
- 10 repetitions, 2 sets



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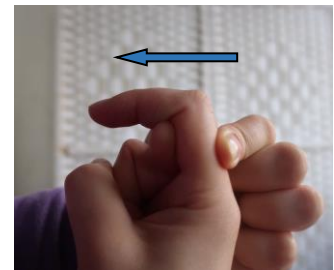
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Middle joint mobilization:



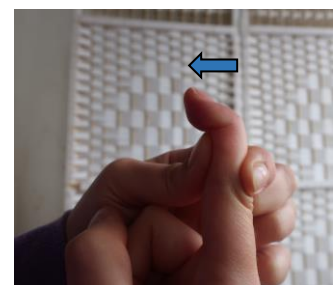
- With your unaffected hand
- Hold below the middle joint of your finger
- Bend the top two joints into a curl
- Hold 5 seconds
- 10 repetitions




Distal joint mobilization:



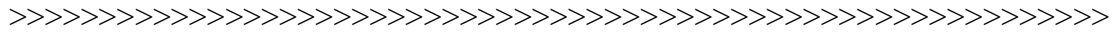
- With your unaffected hand
- Hold just below the end of joint of your finger
- Bend the tip of finger down
- Hold 5 seconds
- 10 repetitions



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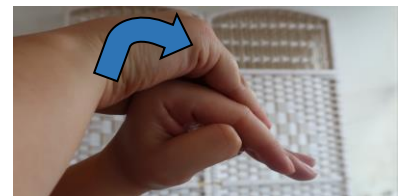


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Knuckles flexion:

- With your unaffected hand
- Push your big knuckles down to 90 degrees
- Relax your fingers
- Hold 5 seconds
- 10 repetitions



Middle joint strengthening:

- Place your unaffected hand on top of fingers
- Try to straighten your fingers against the pressure created by opposite hand
- Hold 5 seconds
- 10 repetitions

