



Active Finger Exercises



Straighten your fingers



Bend your knuckle into a 'table top'



Curl your fingers into a 'hook'



Make a partial fist



Make a full fist



Open your fingers wide apart...



...then close them again.

Exercises should be carried out ___ times, ___ time/s a day



Use your unaffected hand to hold below the middle joint of your finger, then bend the top two joints into a curl



Use your unaffected hand to hold just below the end joint of your finger, then bend the tip down.



Use your unaffected hand to push the big knuckles of the injured one into as much of a bend as possible (80° - 90° is good), let your fingers relax



Maintain the pressure with your unaffected hand and try to straighten your fingers against the force. Do not let the big knuckles straighten at the same time.