

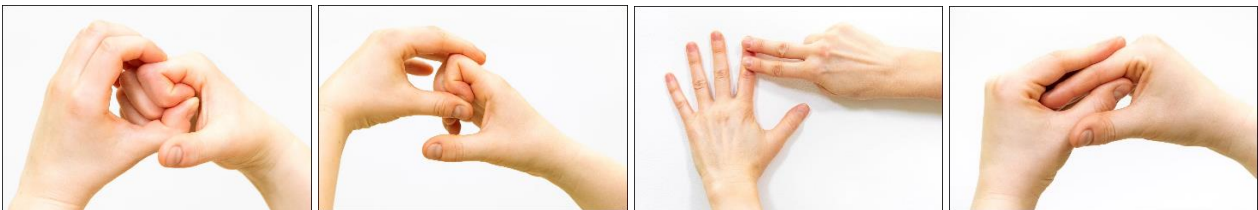
Finger exercises

The aim of these exercises is to regain mobility in the fingers. Don't be worried if the full movement range is not possible. The movements may feel rigid and stiff in the beginning. Mobility will return gradually. It is important to practice actively.

How many times and how often?

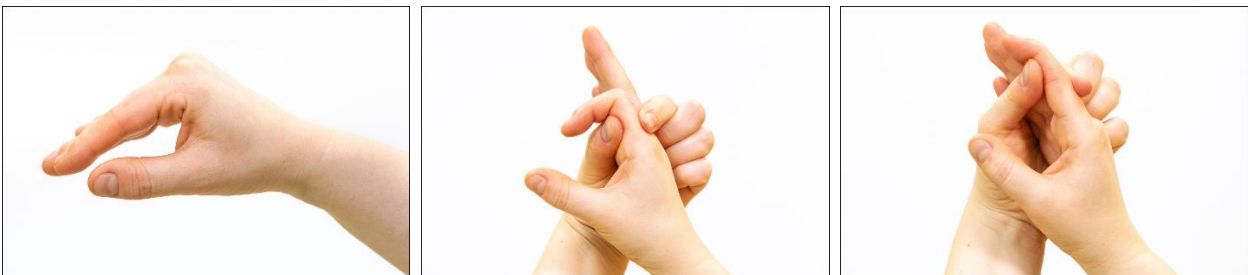
- Aim to practice every day and several times a day
- You cannot overdo the exercises.
- Practice within the limits allowed by pain.

Assisted flexion and extension of the finger



Do the exercise assisting with your other hand. When flexing, assist the finger to flexion with your other hand, towards the direction that stretches. When extending the finger, support the finger on the table with your other hand. Practice as shown in the pictures.

Active flexion and extension of the finger



When doing this exercise, hold with your other hand below the joint you are flexing and extending, if needed. Extend and flex the finger joint. Do this exercise with the base, the middle, and the distal joint.

Making a fist



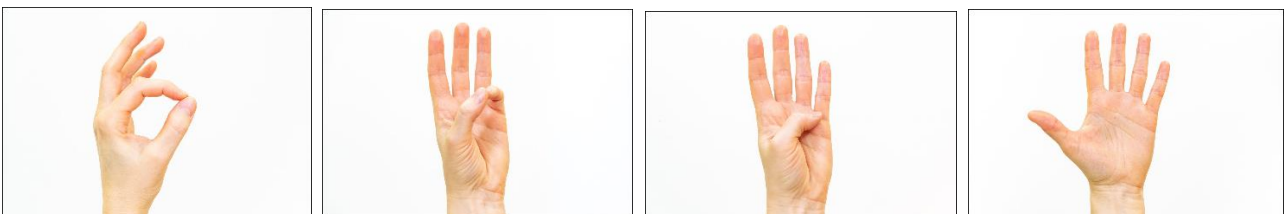
Do this exercise by closing your fingers into a fist in two different ways, full and partial fist. If you cannot fully do the exercise, assist with your other hand as shown in the pictures.

Assisted flexion and extension of the thumb



Do the exercise assisting with your other hand. Assisting with the other hand, flex the middle and distal joints of the thumb and support when extending. Practice as shown in the pictures.

Active flexion, extension and opposition of the thumb



Bring your thumb to the index finger, the little finger, and the base of the little finger. Extend your thumb between the movements.



Contact information

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Mon-Fri 8:00 – 11.00 a.m. and 1:00 – 2:00 p.m.