



Bloomsbury Osteopathy

Wrist and Hand Exercises

Finger Abduction Strengthening Exercise

HANS01

Function:

To increase the strength of the fingers in the ability to abduct (splay outwards).

Method:

Starting Position:

Place the affected hand by your side, elbow flexed and hand facing forwards. Thread the loops of a hand exerciser all down to the middle of your fingers. If you don't have a hand exerciser then you can use your other hand to resist the movements of each successive finger.

Action:

Slowly and in a controlled manner fan your fingers outwards to reach the end of their limits and hold in that position for 5 seconds. Close your fingers together and repeat.

Notes:

If both hands are affected, try the exercise with both hands simultaneously. If you suffer from connective tissue disease like rheumatoid arthritis ensure that you discuss this exercise with your osteopath.



All exercises are available from
www.Bloomsbury-Osteopathy.co.uk