



Bloomsbury Osteopathy

Wrist and Hand Exercises

Finger Flexion and Adduction Strengthening Exercise

HANS02

Function:

To increase the strength of the fingers in their ability to flex or squeeze.

Method:

Starting Position:

Place the affected hand by your side, elbow flexed and hand facing forwards. Thread the loops of a hand exerciser down to the middle of your fingers. A simple soft ball may also be suitable.

Action:

Slowly and in a controlled manner squeeze your fingers inwards towards your palm to reach the end of their limits and hold in that position for 5 seconds. Open or fan your fingers out 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