

Exercise 7

Bend your thumb tip to touch each of your fingers in turn. Repeat up to 3 times.



Exercise 8

With your fingers straight, bend your wrist sideways as in waving. Try to keep your forearm still. Repeat up to 10 times.



Summary

Regular exercises like those illustrated in this leaflet can help pain and stiffness associated with arthritis and improve hand function.

This leaflet is intended for patients who are experiencing hand pain or stiffness.

Regular gentle exercise of your hands can help pain and stiffness associated with arthritis.

Begin the exercises described in this leaflet gently and build up gradually.

The exercises are more effective if performed a little every day rather than a lot every now and then.

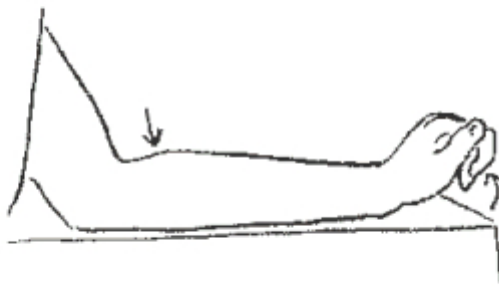
It is common to experience mild aching on starting new exercises if this continues and is worse for more than two hours after completing the exercise, do less the next time.

Exercise 1

Keeping your forearm flat on a table or the arm of your chair, make a loose fist and bend your wrist backwards.

Try not to let the fist move to the right or left during the movement.

Repeat up to 10 times



Exercise 2

Press palms and fingers gently together.

Hold for 5 seconds and repeat up to 3 times.



Exercise 3

Bend your fingers in to touch the middle of your palm, assisting with your other hand if required.

Repeat up to 10 times.



Exercise 4

With hand facing down on a table, lift each finger individually off the table. Repeat up to 5 times.



Exercise 5

With hand flat and fingers straight slide each finger in turn towards the thumb and then back to the middle. Repeat up to 5 times.



Exercise 6

With hand flat bring your thumb away from your index finger and then back again. Repeat up to 5 times.

