

# General Finger exercises

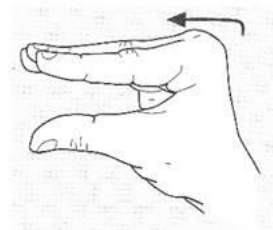
## Information for patients

### Aim of this leaflet

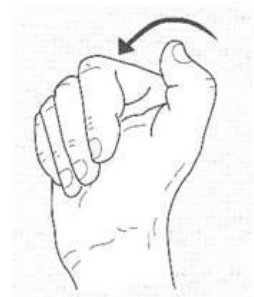
This leaflet demonstrates active exercises to mobilise the fingers.

**Complete the following exercises ..... repeats  
..... times daily**

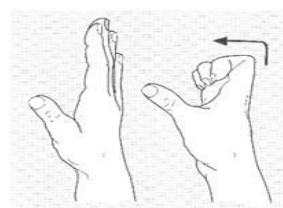
Keeping your finger joints straight, bend and straighten your knuckle joints.



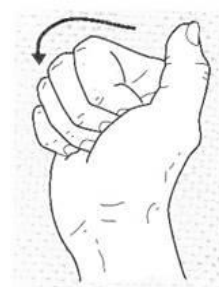
Bend your fingers at the middle joints and knuckles whilst keeping the end joints straight, so that your fingertips touch your palm.



Bend your middle and end finger joints, whilst keeping your knuckles straight.



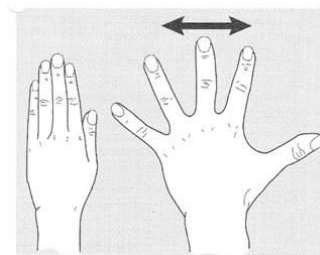
Bend your fingers into a fist (with your thumb touching the side of your index finger).



Place your hand palm up on a table and straighten all your fingers.



Place your hand on a table and open and close your fingers.



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