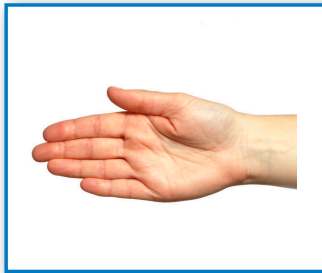
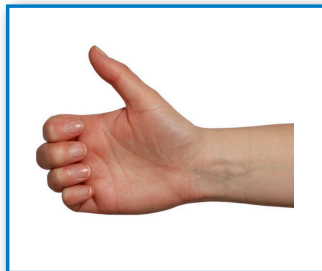
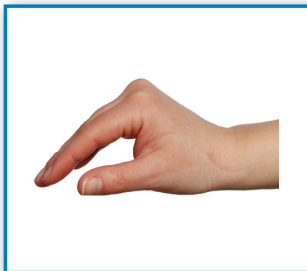


## FINGER MOBILISING EXERCISES

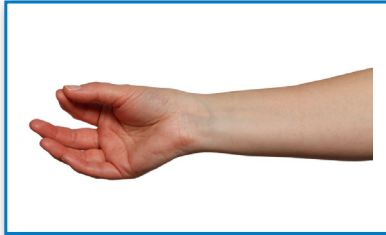
**Bending and straightening fingers.**



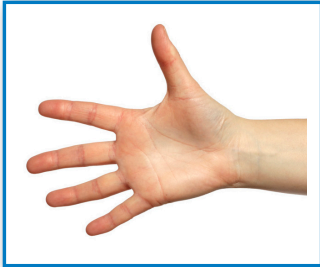
**Bend from your knuckles, keeping fingers straight.  
Following this, perform the opposite movement.  
Keeping your knuckles straight, curl all your finger joints.**



**Touch your thumb pad to the tip of each finger and over to the base of your little finger.**



**Spread and close your fingers.**



**With the palm of your hand flat on the table, lift each finger individually off the table.**



If you have any problems, please do not hesitate to contact your physiotherapist on:

Doncaster Royal Infirmary 01302 366666 ext 3235 or 3135  
Bassetlaw Hospital 01909 500990 ext 2302  
Montagu Hospital 01709 585171 ext 5626  
Retford Hospital 01777 863400.

WPR32480  
April 2010

## CLINICAL THERAPY