



# Finger Mobilising Exercises

To help restore movement of your fingers, each of the following exercises should be done regularly as directed by your physiotherapist. If any of these movements are stiff and limited, you can use your other hand to help improve the movement.



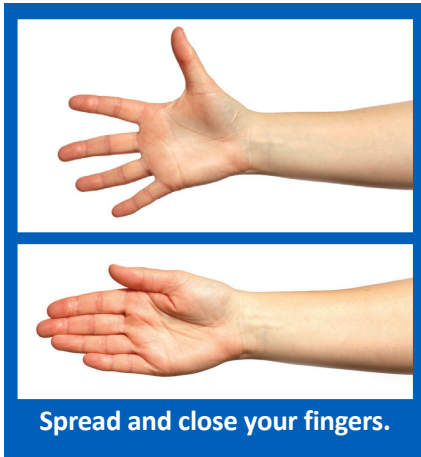
Bending and straightening fingers



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.



## **Any further questions, please contact your Physiotherapy Department.**

Doncaster Royal Infirmary 01302 644210

Bassetlaw Hospital 01909 572302

Montagu Hospital 01709 649190

Retford Hospital 01777 863400.

## **Patient Experience Team**

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

## **The contact details are:**

Telephone: 01302 642764 or 0800 028 8059

Email: [dbth.pals.dbh@nhs.net](mailto:dbth.pals.dbh@nhs.net)

Clinical Therapy

