Chelsea and Westminster Hospital NHS



## **Passive Finger Exercises**



Using your unaffected hand, push the finger down into the palm to roll it up. Make sure the tip is fully curled.



Using your unaffected hand, push the top two joints into a curl, keep the bottom joint straight.

Exercises should be carried out \_\_\_\_ times, \_\_\_\_ time/s a day



Hand Therapy Department Contact Number 0203 315 8404 Open between 8-6 Monday-Friday. Last updated: 23-8-16 MT