GIG CYMRU NHS WALES

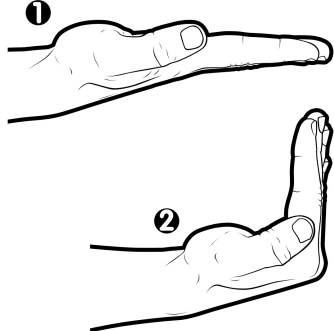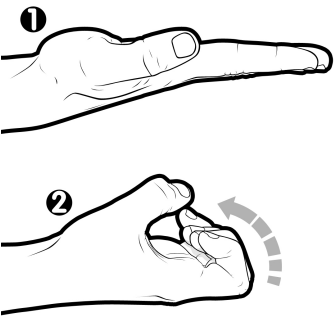### ❶ ❷ MCP FLEXION

With your hand straight, bend your fingers from the knuckles while keeping your fingers straight (2). Return to the start position and repeat.

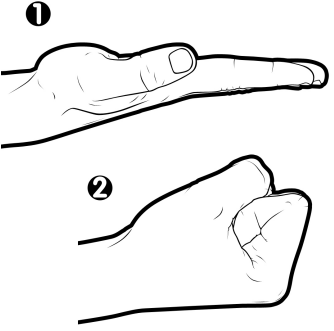SETS & REPS: FREQUENCY:

❶ ❷ DIP AND PIP FLEXION

With your fingers straight (1), bend your middle and end finger joints while keeping your knuckles extended (2). Return to the start position and repeat.

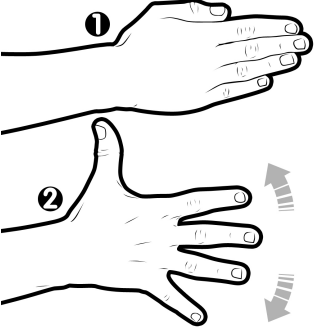SETS & REPS: FREQUENCY:

❶ ❷ FINGER FLEXION

With your fingers straight (1), make a fist (2). Return to the start position and repeat.

SETS & REPS: FREQUENCY:
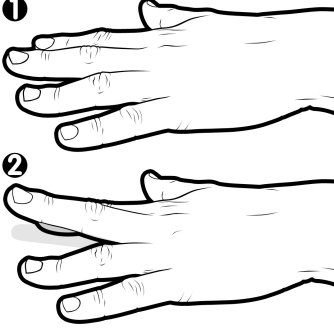
❶ ❷ FINGER ABDUCTION

With your wrist and fingers straight (1), part your fingers as far as you can (2). Return to the start position and repeat.

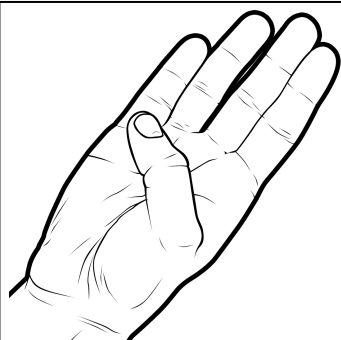SETS & REPS: FREQUENCY:

❶ ❷ FINGER EXTENSION

With your hand flat on a table, extend your finger as far as you can. Lower and repeat.

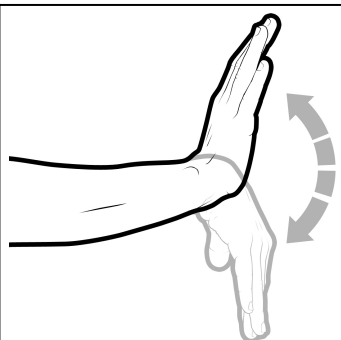SETS & REPS: FREQUENCY:

THUMB FLEXION

With your wrist and fingers straight, cross your thumb over your palm to touch the joint of your little finger. Return to the start position and repeat.
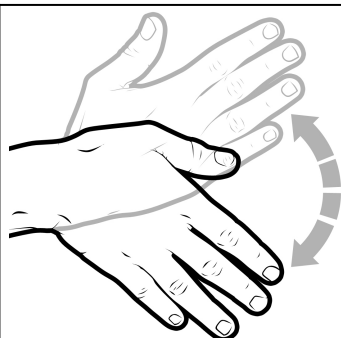
SETS & REPS: FREQUENCY:

WRIST FLEXION & EXTENSION

Bend your wrist down and up as far as you can.
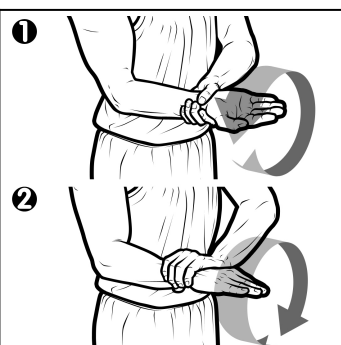
SETS & REPS: FREQUENCY:

RADIAL & ULNAR DEVIATION

Keeping your hand and forearm in-line, flex your wrist as far as you can towards your thumb and then towards your little finger.

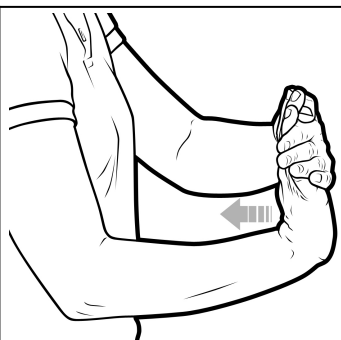SETS & REPS: FREQUENCY:

PRONATION / SUPINATION STRETCH

With your elbow bent to 90° against your side (or resting on a table), turn your palm to face up (1) then to face down (2). Add overpressure with your opposite hand for an extra stretch if required.

SETS & REPS: FREQUENCY:

WRIST EXTENSION MOBILISATION

With your elbow bent to 90° and tucked against your side, extend your wrist as far as you can. Use your other hand to pull your wrist further into extension. Pause then relax and repeat.

SETS & REPS: FREQUENCY: