

Hand Therapy - Upper Limb Unit

General hand exercises

Active and passive exercises are important for improving your hand movements.

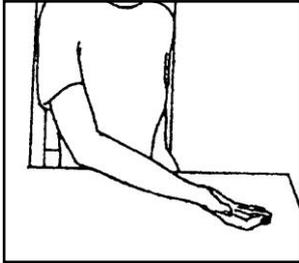
- A passive exercise is when your joints are moved using your other hand.
- An active exercise is when you use your joints to move your muscles, without using your other hand.

Do these exercises little and often, as directed by your therapist.



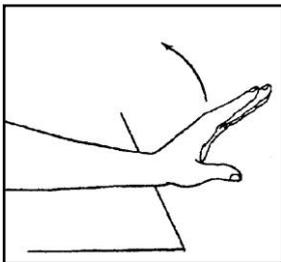
Active wrist range of movement

Exercise one



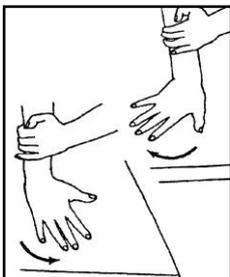
- A. Tuck your elbow in by your side.
- B. Turn your palm up and down.

Exercise two



- A. Place your forearm on a table with your hand over the edge.
- B. Lift and lower your hand.
- C. Do this with your fingers curled so you only use your wrist muscles.

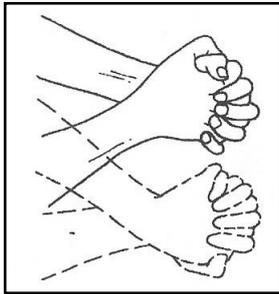
Exercise three



Keeping your forearm still, wave your hand from side to side.

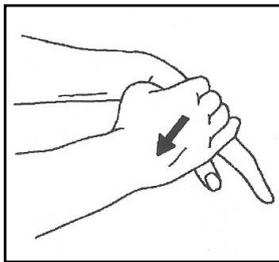
Passive wrist range of movement

Exercise one



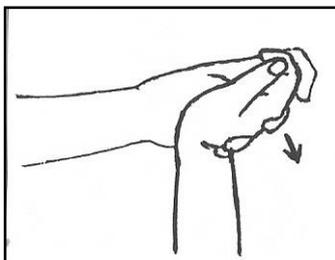
- A. Clasp your hands together. Tuck your elbows into your sides.
- B. Turn your palms up and then down.

Exercise two



- A. Place your forearm on a table with your hand over the edge, palm down. Let your hand drop down.
- B. Press the top of your dropped hand with your other hand.

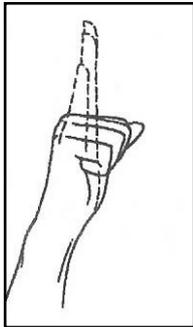
Exercise three



Bend your wrist back and over. Press your bent hand with your other hand.

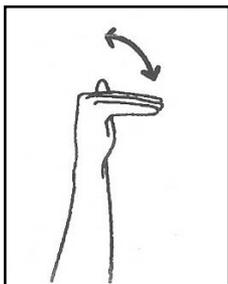
Active finger range of movement

Exercise one



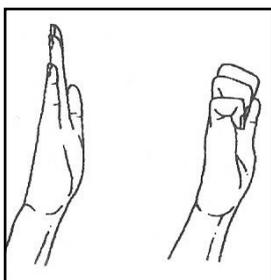
Make a fist. Then, straighten your fingers.

Exercise two



Keeping your fingers straight, bend and straighten your fingers at your knuckles.

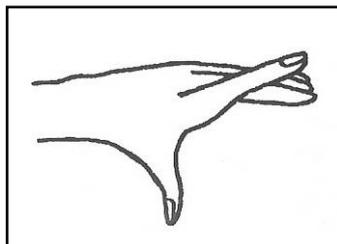
Exercise three



Keeping your knuckles straight, hook and straighten your fingers.

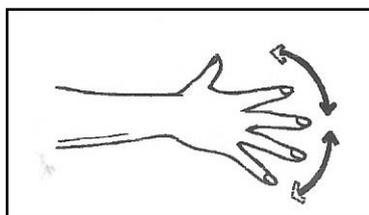
Patient Information

Exercise four



- A. Place your palm on a table.
- B. Lift each finger one at a time, including your thumb.

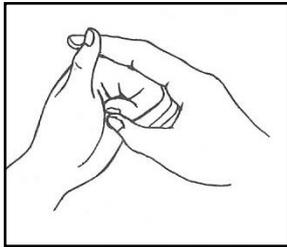
Exercise five



- A. Place your palm on a table.
- B. Spread your fingers and bring them together.

Passive finger range of movement

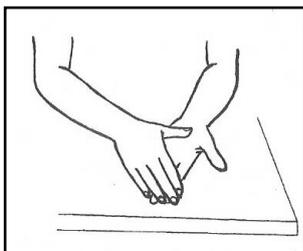
Exercise one



A. Make a fist.

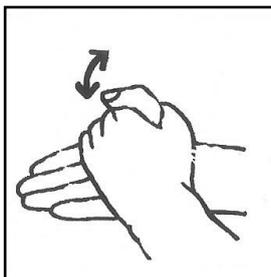
B. Press each finger, one at a time, towards a full curl.

Exercise two



Use your opposite hand to straighten your fingers.

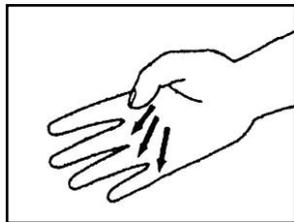
Exercise three



Using your other hand, stretch your thumb and first finger apart.

Active thumb range of movement

Exercise one



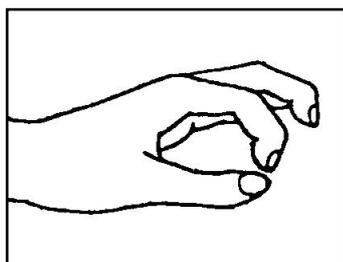
Touch your thumb to the base of each of your fingers.

Exercise two



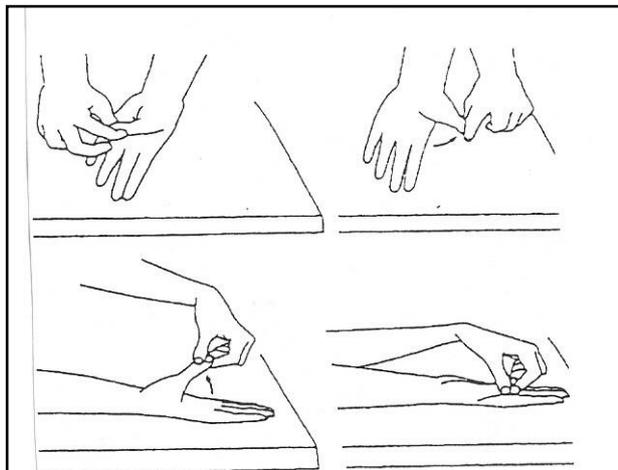
Move your thumb in circles.

Exercise three



Make an "O" shape with your thumb and each finger in turn.

Passive thumb range of movement



- A. Hold your thumb with your opposite hand.
- B. Move your thumb towards your little finger and then out to the side.
- C. Raise your thumb straight up and then down.

More information

If you need any more information, please ask your therapist.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 5969 and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

Document History	
Department:	Physiotherapy
Contact:	26012
Updated:	December 2023
Review:	December 2026
Version:	7
Reference:	HIC/LFT/1063/10

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback

