

## FINGER AND THUMB EXERCISES

### TENDON GLIDING EXERCISES



Straighten fingers



Make a 'hook' fist



Table top



Straight fist



Full fist

### PROGRESSION



Blocked extension of middle joint



Bend tip on its own, while holding joint below straight



Hold adjacent fingers straight and bend middle joint



Push bent finger backwards



'Place and hold'

'Place' fingers into fist and 'hold' position when you let go

### HYPOTHENAR STRENGTHENING



Try to lift little finger up straight



Resist stretching little finger out to side



Oppose thumb to tip of straight little finger



Hold paper between fingers and attempt to 'pull apart'

### THUMB EXERCISES



Trace line on tennis ball



Touch tip of thumb to index and middle fingers tips



Touch tip of thumb to ring and then little finger tips



Slide thumb down little finger to reach palm