

If you are struggling with any of the exercises or have any concerns then please ring or speak to the physiotherapist at your clinic appointment.

Contact details:

Telephone: 0151 430 1237

Alternatively, speak to the physiotherapist at your clinic appointment and they can refer you for further physiotherapy if required.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Southport & Formby Hospital
Town Lane, Kew,
Southport, Merseyside,
PR8 6PN
Telephone: 01704 547 471

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

Hand exercises with elastic band

Patient information leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کنند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

1. Place an elastic band over the tips of your fingers and thumb. Open out your hand to stretch the band.



Repeat this exercise times, every

3. Place a band across the back of your fingers between thumb and little finger. Pull your finger and thumb in towards each other to touch if possible.



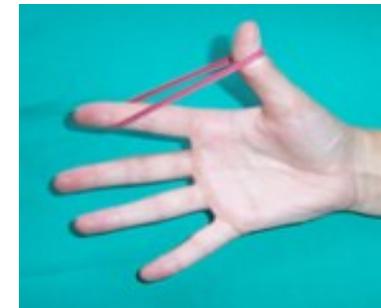
Repeat this exercise times, every

2. Place a band across your palm, between thumb and little finger. Open out your hand to pull your finger and thumb apart.



Repeat this exercise times, every

4. Place a small elastic band between your thumb and index finger. Pull apart from each other. This can be repeated with other fingers.



Repeat this exercise times, every