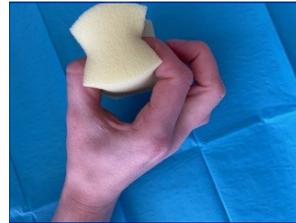


7. Place the block between thumb and index finger. Squeeze together.



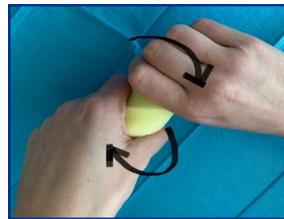
Repeat this exercise times, every

8. Place the block between thumb and index finger like a key. Squeeze together keeping your thumb straight.



Repeat this exercise times, every

9. Hold the block in both hands and twist it.



Repeat this exercise times, every

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

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

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
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Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

Hand exercises with foam blocks

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 کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, 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。

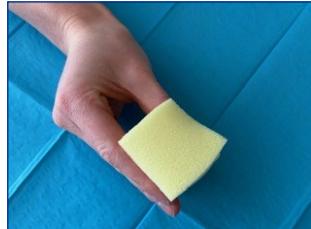
إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق بسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

1. Place the foam block in your hand. Squeeze the block with your fingers and thumb to make a fist.



Repeat this exercise times, every

2. Place the foam block on a surface. Keep your fingers and thumb straight and squeeze the block.



Repeat this exercise times, every

3. Place the foam block on a surface. Use only your finger tips to squeeze the block.



Repeat this exercise times, every

4. Place the foam block on a surface and your hand flat on top of it. Roll the block underneath your hand.



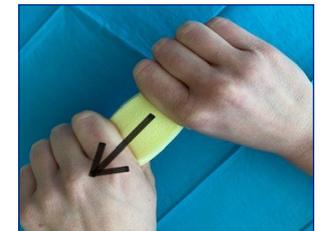
Repeat this exercise times, every

5. Place the foam block between two of your fingers. Squeeze together.



Repeat this exercise times, every

6. Hold the block in one hand. Use your other hand to pull away the block and use your strength to resist this.



Repeat this exercise times, every