

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

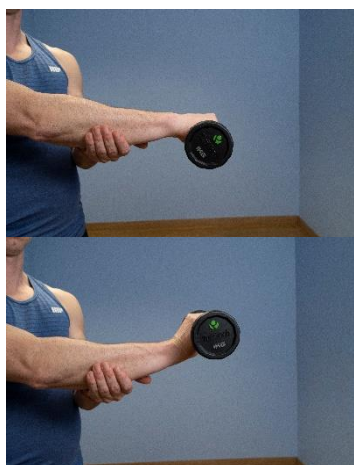
Pain should not exceed 4/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

1. Digit extension individual

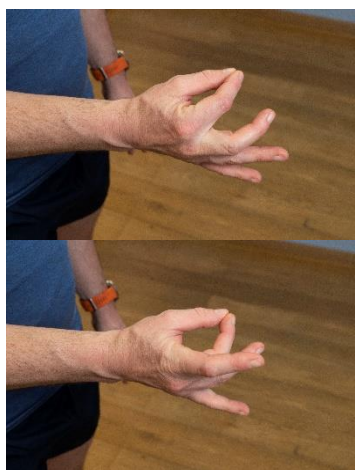
- Place the palm of your hand on a flat surface.
- Keep your palm flat and lift your fingers off the table one at a time.



15 reps / 2-3 sets / 1 minute rest

2. Wrist extension with weight

- Sit or stand with your arm straight out in front of you with the palm of your hand facing the floor, holding a small weight.
- Bend your wrist so the back of your hand moves towards you.
- Hold this position for 5 seconds.
- Relax your hand back to starting position.



15 reps / 2- 3 sets / 1 minute rest

3. Thumb opposition exercise

- Start by touching your thumb to the tip of your index finger.
- Then move on one finger at a time: middle, ring and little finger.
- Do this back and forth to train the muscles in your hand and around your thumb.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.