

Hand mobility

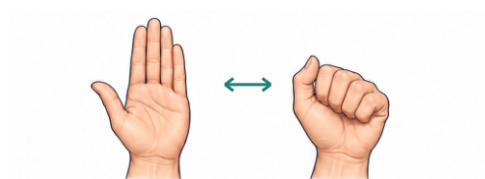
Reference / initials

Date

Side: ☐ Right ☐ Left ☐ Both

Perform only the exercises marked by your clinician. Follow the prescribed repetitions and frequency. Do not force movement. Stop if symptoms worsen; seek advice if they persist. Follow any surgery, fracture or splint restrictions.

01 Open and close your hand



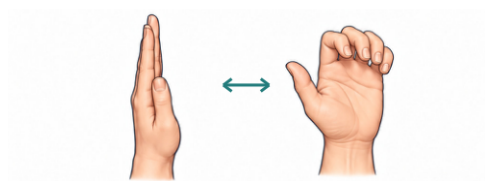
1. Straighten your fingers. Bend them towards your palm to make a gentle fist.
2. Open your hand again without squeezing.

No equipment. Support your forearm and keep your wrist comfortable.

Sets Repetitions Times/day

Equipment / adjustments:

02 Hook fist



1. Keep the knuckles at the base of your fingers straight.
2. Bend the next two joints of your fingers, then straighten them again.

No equipment. Move slowly without forcing the movement.

Sets Repetitions Times/day

Equipment / adjustments:



Hand mobility

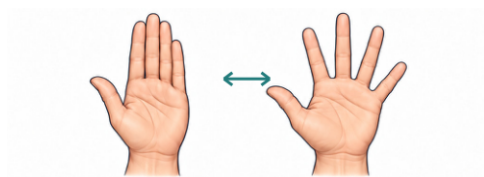
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Side: ☐ Right ☐ Left ☐ Both

Perform only the exercises marked by your clinician. Follow the prescribed repetitions and frequency. Do not force movement. Stop if symptoms worsen; seek advice if they persist. Follow any surgery, fracture or splint restrictions.

03 Spread your fingers



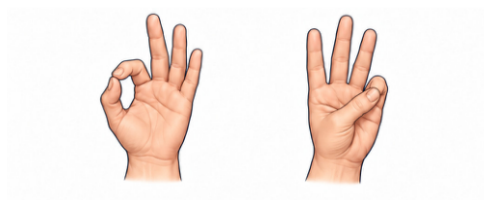
1. With your fingers straight, gently spread them apart.
2. Bring them together again without pressing or forcing.

No equipment. Keep your wrist comfortable.

Sets Repetitions Times/day

Equipment / adjustments:

04 Thumb opposition



1. Touch each fingertip with your thumb, from index to little finger.
2. Move your thumb away between each contact, without squeezing.

No equipment. Use only the fingers indicated in your plan.

Sets Repetitions Times/day

Equipment / adjustments:

