For further information, please contact:

Physiotherapy Department
01935 384358

Occupational Therapy Department
01935 384215

If you require this leaflet in any other format eg., large print, please telephone 01935 383077.
Isolated Gliding of FDP
- Support below the finger joint to be exercised
- Bend your finger tip and then straighten it
Repeat _____ times

Isolated Gliding of FDS
- Hold fingers straight as shown
- Bend the finger to be exercised at the middle joint and then straighten it
Repeat _____ times

Hook Position
- Wrist and fingers straight
- Hook your fingers, keeping knuckles straight and then straighten fingers
Repeat _____ times

Fist Position
- Wrist and fingers straight
- Make a fist and then straighten fingers
Repeat _____ times

Flat Fist Position
- Wrist and fingers straight
- Bend your fingers towards your wrist, keeping your fingertips straight
Repeat _____ times