



Hand passive putty range of movement exercises

This leaflet is for patients with rheumatoid arthritis (RA). The exercises aim to improve the movement of the finger joints and knuckles. You can use a soft sponge, soft putty or a rolled up soft towel. Repeat all exercises x 10.

The exercises

- 1 Wrist kneading:** Imagine that you are kneading dough. Push down into the sponge with the heel of your hand, letting the fingers curl in and the wrist extend. Alternatively, grasp the sponge in your hand, lift the wrist into extension and squeeze the putty.



- 2 Hand extension stretch:** Place your hand over the sponge. Using the forearm of your other hand, or two flat fingers, gently push on the bone before the joint you are trying to straighten. For the knuckles – push on the back of the hand. For the middle joint, push on the bone between the knuckle and the middle joint. Be careful not to push directly on the joint. Hold the stretch for the count of 5.



- 3 Fisting into putty:** Rest your forearm on the table, keeping your wrist straight. Keeping the knuckles straight, bend your fingers towards a hook. Slowly push into the sponge keeping the fingers tucked in. You will need to resist your push by applying pressure behind the sponge with your other hand (or get someone else to do so). Once you have a stretch at the end joints, slowly bend the knuckles so that your hand moves into a fist position. Hold for 5 secs.



Contacting us

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Please ask if you need this information in another language or format.

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