









Intrinsic hand muscle exercises

This leaflet shows you some exercises to strengthen the main muscle groups in the hand.

What are the intrinsic hand muscles?

The intrinsic muscles are the muscles that sit within your hand and are important to improve the co-ordination and grip strength in your hand. Please begin the following exercises as instructed by your therapist:

<p><u>Flap</u> Bend the knuckles, keeping the fingers straight. Hold in this position for 3 seconds, then bring back to a straight position.</p>		
<p><u>Hook</u> Bend the top two joints of your fingers, keeping your knuckles straight. Hold for 3 seconds, then bring them straight again.</p>		
<p><u>Tents</u> Starting with your hand flat, palm down on the table, bend up and the knuckles keeping the fingers straight, then lower again and repeat.</p>		

<p><u>Spreading the fingers (dorsal)</u> With the hand straight, bring the fingers apart.</p>		
<p><u>Pulling the fingers back in (palmar)</u> Bring your fingers back in together.</p>		
<p><u>Opposition</u> Take your thumb and little finger towards each other.</p>		

Contact information

The Hand Therapy Team can be contacted during office hours Monday to Friday via the Clinical Administration Team on: 0118 322 1885.

To find out more about our Trust visit www.royalberkshire.nhs.uk

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

RBFT Hand Clinic

Reviewed: October 2024. Next review due: October 2026.

Compassionate

Aspirational

Resourceful

Excellent