

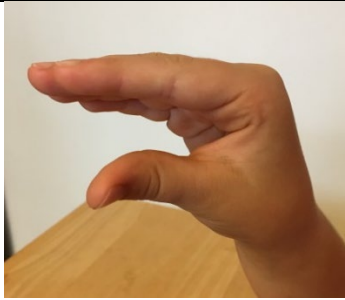




Finger exercises for children

Exercises to improve the strength and movement of your child's hand.

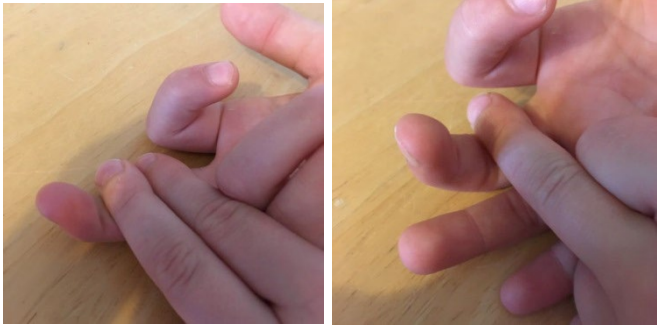
Please begin the following exercises as instructed by your therapist:


Finger range of movement

<p><u>Quacking duck</u> Can you make a quacking duck with your hand? Can you make it quack really slowly? <i>Knuckles bent, fingers straight.</i></p>		
<p><u>Fist</u> Yes! Can you pretend you have won a race? <i>Bend all of the finger joints down into your palm. Hold there for 3 seconds, then bring them straight again.</i></p>		
<p><u>Cat's claw</u> Can you pretend to be a cat? <i>Bend the top two joints of the fingers, keeping the knuckles straight. Hold for 3 seconds, then bring them straight again.</i></p>		

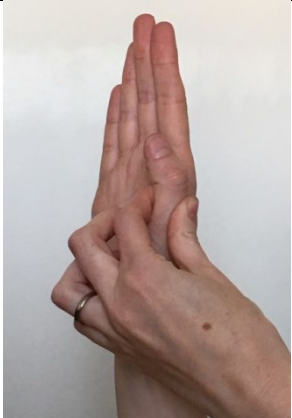
Contact information


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

<p><u>Wiggly worms</u> Can you make your finger wiggle? 1) <i>Hold beneath the top joint of your finger, keeping the middle joint completely straight (either in the air, or palm up on a table), bend up and hold for 3 seconds, then straighten again.</i> 2) <i>Hold below the second joint on the finger and repeat. Both joints will bend.</i> 3) <i>Repeat on each finger.</i></p>		
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<p><u>Starfish</u> Can you open and close your fingers? <i>With the hand straight, bring the fingers apart, then bring them back together again.</i></p>		
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Thumb range of movement

<p><u>Isolated thumb bends</u> Hold below the tip of your thumb. Can you make it bend?</p>		
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<p><u>Telescope</u> Can you make an O shape big enough to look through? <i>Practice touching the tip of each finger with your thumb, bringing the thumb out and round to make an O shape. Then, slide the thumb down to the base of the little finger.</i></p>		
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RBFT Hand Clinic. Reviewed: October 2024. Next review due: October 2026.

Compassionate	Aspirational	Resourceful	Excellent
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