



REHABILITATION

Finger Exercises

You have had an injury or surgery to your finger(s). These exercises will help you regain the best function in your hand.

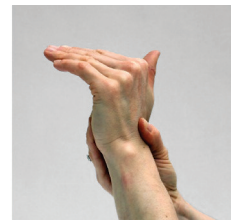
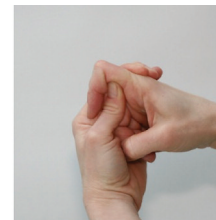
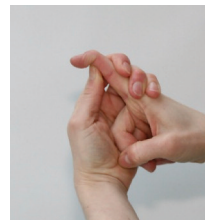
Full Flexion and Extension

This is all you need if all the fingers bend and straighten completely



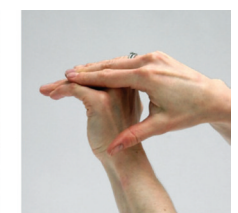
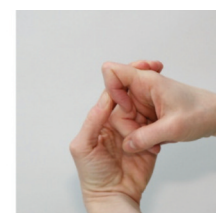
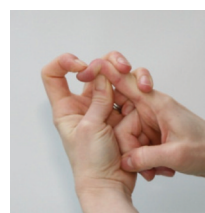
Working on each joint

Add these if a single finger is stiff. Add a stretch with the other hand if needed.



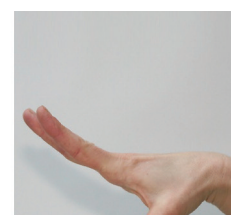
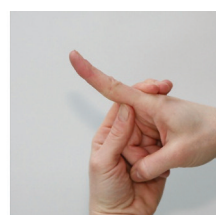
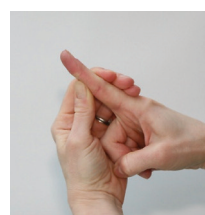
Flexion of each joint

Bend each joint of the affected finger separately.



Flexion of each joint, with a stretch

Add a stretch with the other hand to increase movement.



Extension of each joint

Straighten each joint separately.

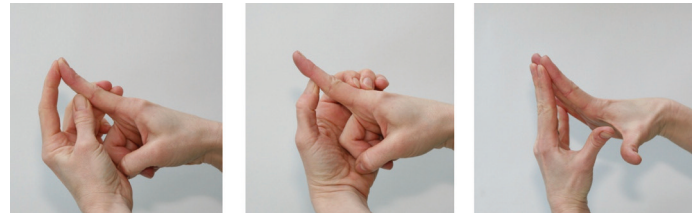




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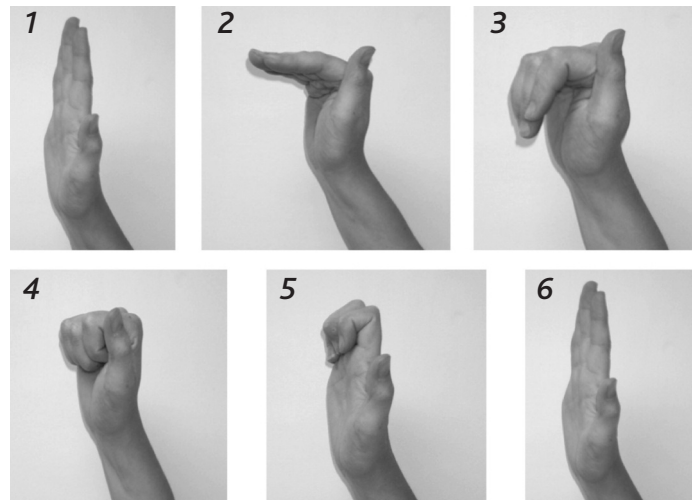
Extension of each joint, with a stretch

Add a stretch using your other hand to increase movement at each joint.



Tendon Gliding

Complete as a sequence, as numbered



Scar Management (if you have had surgery)

About 3 days after your sutures are removed, once the wound is fully healed, you can commence strategies to reduce the redness and sensitivity of your surgical scar.

Scar Massage

Apply deep circular massage with firm pressure 3 times daily for 3 minutes to the scar and surrounding area.

You may use a non-scented moisturiser to help with this and to soften the skin.

Scar Desensitisation

Lightly tap/stroke to the scar for 30 seconds, 5 times daily