

ADVICE FOR PATIENTS WITH HAND PAIN AND STIFFNESS

HOT WATER SOAKS are very useful for stiffness and pain in the fingers – but unless performed in conjunction with exercises, do not have any long term benefit.

- Use moisturising cream on hands
- Put on washing up gloves (NB. If you are allergic to latex, you will have to find a non latex glove).
- Place your gloved hands in hot water for 10-20 minutes. Ensure water does not enter the glove.
- REMOVE GLOVES AND DO THE FOLLOWING HAND EXERCISES

Do this as often as you can, ideally three times a day.

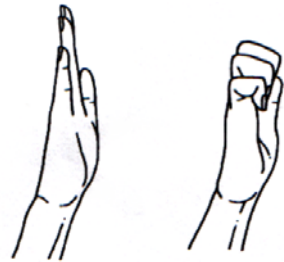
Finger and thumb exercises

Repeat all of the exercises below 10 times, 3 times each day:-

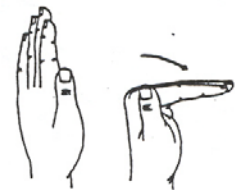
1. Make a tight fist and then stretch your fingers out as far as you can.



2. Keeping the first row of knuckles straight, bring your fingers down to your palm and then stretch them out.

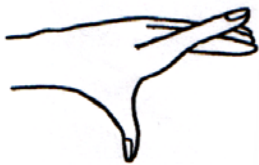


3. Now bend at the knuckles keeping the finger joints straight.



4. With your palm resting downwards on a table:-

Lift all of your fingers off the table together

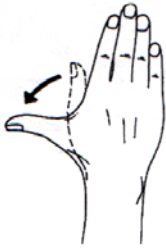


Lift each finger in turn off the table



Spread your fingers apart

5. With your palm resting downwards on a table, place your thumb alongside your index finger.



Slide your thumb along the table to move it as far away from your index finger as possible.

6. Turn your hand over so that the back of your hand is resting on the table with your thumb along side your index finger. Lift your thumb as far as you can.



7. Touch the pad of each finger in turn. When you reach the little finger, run your thumb down your little finger to the palm.



8. Using an elastic band between your thumb and index finger, stretch the band apart as far as you can. Repeat this with the other fingers.

NB. If you feel the exercises are making your pain worse STOP DOING THEM AND SEEK ADVICE