

If you are struggling with any of the exercises or have any concerns then please ring the following number 0151 430 1237. Alternatively, speak to the physiotherapist at your clinic appointment and they can refer you for further physiotherapy if required.

**Therapist:**

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

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## Hand exercises with an elastic band

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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1. Place an elastic band over the tips of your fingers and thumb.

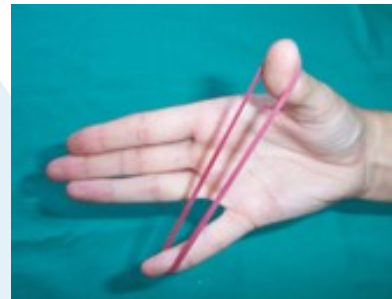
Open out your hand to stretch the band.



Repeat this exercise  times, every

2. Place a band across your palm, between thumb and little finger.

Open out your hand to pull your finger and thumb apart.



Repeat this exercise  times, every

3. Place a band across the back of your fingers between thumb and little finger.

Pull your finger and thumb in towards each other to touch if possible.



Repeat this exercise  times, every

4. Place a small elastic band between your thumb and index finger. Pull apart from each other.

This can be repeated with other fingers.



Repeat this exercise  times, every