

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

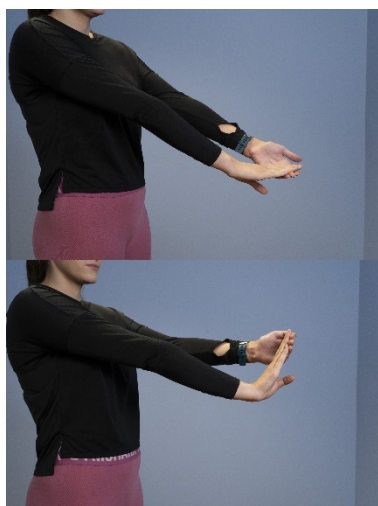
Pain should not exceed 4/10 whilst completing this exercise programme.



3 reps / 2-3 sets / 1 minute rest

### 1. Digit extension individual

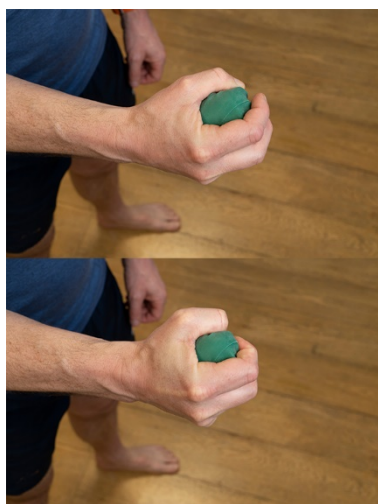
- Place the palm of your hand on a flat surface.
- Keep your palm flat and lift your injured finger off of the table.
- Use your opposite hand to pull the finger further into a stretch.
- Hold for 20 seconds.



3 reps / 2-3 sets / 1 minute rest

### 2. Wrist extension stretch

- Sit or stand with your arm straight out in front of you with the palm of your hand facing the floor.
- Bend your wrist so the back of your hand moves towards you.
- Use your opposite hand to pull into a stretch.
- Hold this position for 20 seconds.



15 reps / 3 sets / 1 minute rest

### 3. Stress ball squeeze

- Hold a soft ball or a balled-up piece of tissue.
- Squeeze the ball tightly holding for 5 seconds.
- Relax your hand and forearm muscles between repetitions.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.