

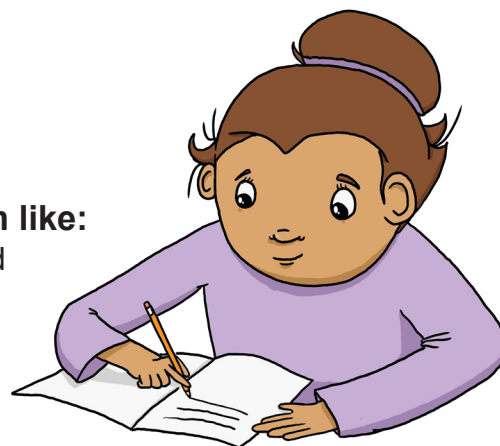


Home exercise

Fingers and hand

Bub can now do light activities with their injured arm like:

- hand writing, washing, tying shoe laces and getting dressed
- using a knife and fork to eat
- opening and closing drink bottles
- washing and drying small dishes (no pots).



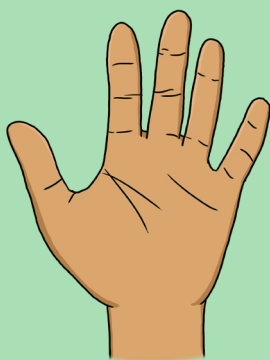
They may get tired quickly when they start using their hand, it may be weak, stiff or sore. The hand will get stronger the more activities and exercises they do.

Looking after the hand

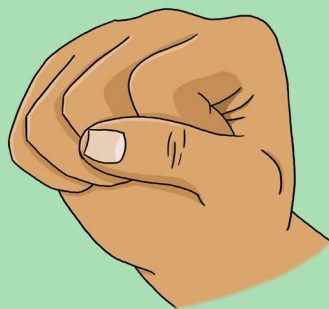
- No lifting heavy items with the injured hand until there is full movement.
- After 6 to 8 weeks bub can play sports or when the doctors says so.
- Do the exercises regularly and in small amounts not to cause pain and slowly do more and more hand exercises and light activities.

If there is strong pain or pain lasting longer than 1 hour, go to the GP, health clinic or emergency department.

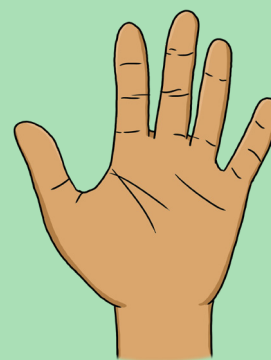
Fist exercise



Keep wrist and fingers straight



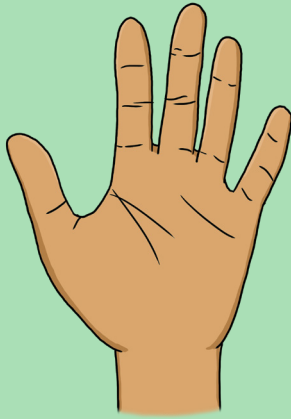
Bend all of the fingers to make a fist and **hold for 3-5 seconds**



Straighten the fingers.
Repeat **5 times every 2 hours.**

Goal: All finger tips should curl tightly into the palm (as good as the other side)

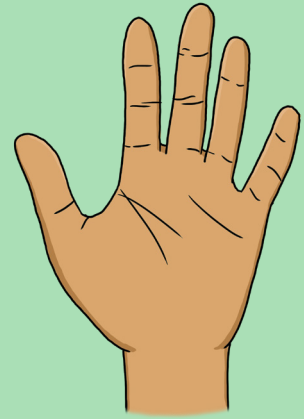
Hook/monkey grip exercise



Keep wrist and fingers straight



Bend the end and middle joints of the fingers. **Hold for 3 to 5 seconds.**



Straighten the fingers. Repeat **5 times every 2 hours.**

Goal: All finger tips should curl tightly into the palm (as good as the other side).

Straightening fingers exercise



Place palm flat on the table and use the other hand to hold your palm down.



Straighten and lift fingers off the table. **Hold for 3 to 5 seconds.**

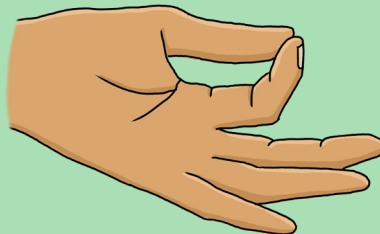
Repeat 5 times every 2 hours

Goal: Fingers should be as straight as your other side and lifting off table as high as the other side

Thumb opposition and flexion



Place the back of your hand on a table



Touch the tip of your thumb to the tip of each finger while keeping your hand on the table

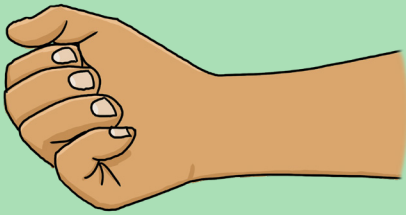


When you can touch the tip of your little finger easily - Slide the thumb down the front of the little finger to the palm. Repeat **5 times every 2 hour.**

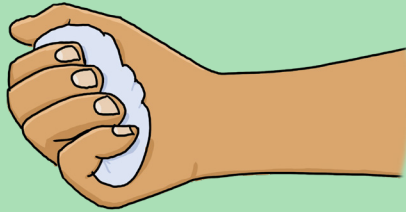
Goal: Thumb to the palm as far as the other thumb can go

Strengthening grip

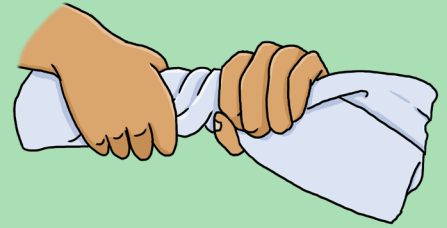
In the **first week**, do the exercises gently and slowly then do more and more as pain and stiffness get better.



Bend your fingers and squeeze as tight as you can. **Hold for 5 seconds** then relax.
Repeat **10 times at least 3 times a day**.



Then try to squeeze a sponge/ face washer/rolled socks.
Repeat **10 times at least 3 times a day**.



You can also wring out a towel.
Repeat **10 times at least 3 times a day**.

Goal: Injured hand to be as strong as the other hand or even stronger if the injured hand is your writing hand

If bub's hand starts swelling or is swollen after the plaster cast is off, have bub try lifting up their hand or keep the fingers moving.

If bub's hand and fingers **are not moving** as well as the other side within **2 weeks**, call the **Physiotherapy Department on 6456 0412**.

Skin care:

- The hand must be washed well at least once a day with a towel/flannel.
- Massage the hand with **Sorbolene** hand cream **2 times a day** until the skin is the same as the hand.
- In summer, you may need to apply sunscreen on the hand.



Government of **Western Australia**
Child and Adolescent Health Service

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