

## Chair Exercise 6



### Finger squeezes

**Difficulty level:** easy

#### Benefits for example:

- helps reduce swelling in the hands
- maintains and improves strength and range of movement of your fingers
- this enables you to:
  - \* grip and hold objects
  - \* wash and dress yourself
  - \* hold walking aids.

### Instructions

Bend your fingers to form a fist and then straighten your fingers all the way out again.

Repeat \_\_\_\_\_ times \_\_\_\_\_ times a day

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The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.



### Progression of exercise

Resisted?

Squeeze a sponge ball in your hand. Or practise gripping a toothbrush, hairbrush, knife and fork or beaker.