

Chair Exercise 7



Finger and thumb dexterity

Difficulty level: moderate

Benefits for example:

- helps reduce swelling in the hand
- maintains and improves strength and range of movement of your fingers and thumbs
- this enables you to:
 - * hold a pen
 - * do up buttons
 - * grip objects
 - * wash and dress yourself.

Instructions

Touch thumb tip with each finger tip of the same hand.

Repeat _____ times _____ times a day



Progression of exercise

Practise doing up buttons, holding a pen and writing.

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