

Post-Operative Hand Exercise Guide

Recovery exercises for hand surgery patients

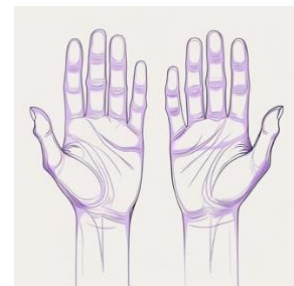


Welcome! This guide provides general instructions for hand exercises to aid your recovery after surgery. **It is crucial to follow your surgeon's specific instructions**, as individual recovery plans may vary. Some operations have specific exercises. Perform these exercises gently and stop if you experience increased pain. Consult your hand therapist or surgeon if you have any concerns. If you are in a bandage you may still exercise the fingers and joints that are outside the bandage and I would encourage this.

Understanding Your Exercises

These exercises are designed to:

- Reduce swelling
- Improve range of motion
- Prevent stiffness
- Promote healing



1. Finger Flexion and Extension

Purpose: To improve finger movement and prevent stiffness.

Instructions:

1. Start with your hand straight.
2. Slowly bend all your fingers into a fist.
3. Hold for a few seconds.
4. Fully straighten your fingers and hold.
5. Repeat 10-15 times slowly.

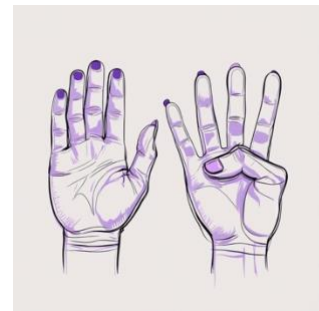
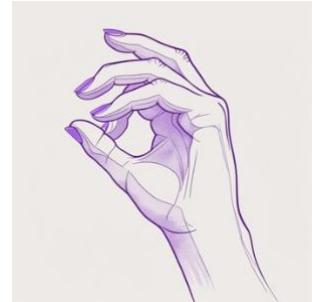


2. Thumb Opposition

Purpose: To improve thumb mobility and dexterity.

Instructions:

1. Start with your hand open.
2. Touch your thumb to the tip of each finger, one at a time.
3. Bring your thumb towards the base of your little finger.
4. Repeat 10-15 times.

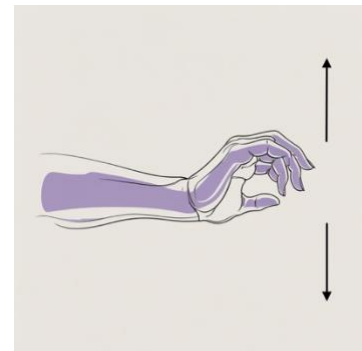


3. Wrist Flexion and Extension

Purpose: To improve wrist range of motion.

Instructions:

1. Support your forearm on a table.
2. Gently bend your wrist up (extension).
3. Hold for a few seconds.
4. Gently bend your wrist down (flexion).
5. Hold for a few seconds.
6. Repeat 10-15 times.



4. Tendon Glides

Purpose: To improve tendon movement and prevent adhesions.

Instructions:

1. Start with your hand straight.
2. Make a hook fist (bend at the PIP and DIP joints).
3. Make a full fist.
4. Fully straighten your fingers.
5. Repeat this sequence 5-10 times.

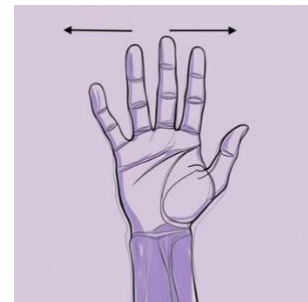


5. Intrinsic

Purpose: To improve side to side movement of fingers and prevent contractures

Instructions:

1. Start with your hand straight.
2. Spread your fingers wide apart and hold 5 seconds
3. Pull your fingers together and hold 5 seconds
4. Repeat this sequence 5-10 times.



Important Considerations

- **Pain Management:** It's normal to experience some discomfort, but stop if you feel sharp or increasing pain.
- **Swelling:** Elevate your hand to reduce swelling.
- **Consistency:** Perform these exercises regularly as instructed by your therapist or surgeon for the best results.
- **Communication:** Contact your healthcare provider with any questions or concerns.
-

Next Steps

Continue performing these exercises as prescribed and attend all follow-up appointments. Consistent effort will contribute to a smoother recovery and improved hand function.