

Isolated Finger Joint Flexion

Hand Therapy



1. Use your unaffected hand to hold your middle joint straight, then bend the top joint as shown

- **USE YOUR UNAFFECTED HAND TO HOLD THE JOINT STRAIGHT**
- **FLEX THE NEXT JOINT AND HOLD AS REQUESTED**



2. Use your unaffected hand to hold your knuckle joint straight, then bend at the middle joint as shown

| | | |
|-----------------------|--|-------------|
| Please complete | | Times a day |
| Holding each position | | Seconds |
| Repeat | | Times |

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
 ਜੇ ਤੁਹਾਨੂੰ ذرا سمجھنے ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰپا کر کے اس نمبر 'ਤੇ فون کریں: 01932 723553
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں
 Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
 यदि आपको अनुवाद की ज़रूरत है तो कृपया हम नंबर पर फोन करें: 01932 723553
 Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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