

Dowel Finger Exercises

Hand Therapy



Using a marker pen, or dowel.



1. Hook the tips of your fingers around a marker pen or dowel.
2. Ensure you keep the knuckles straight and only bend at the top two joints.
3. Hold as required.

1. Bend at the knuckles squeezing all your fingers in a fist position around the marker pen or dowel.
2. Be careful not to roll the dowel with the tips of your fingers. It should be one smooth movement.
3. Hold as required.

| | | |
|-----------------------|--|-------------|
| 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.

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اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

आपना अनुवाद दरकार हले एथाने योगायोग करुन : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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